

Author's note

It was a beautiful sunny summer in the coastal hills of Australia. In a large modern farmhouse, surrounded by acres of rolling green paddocks overlooking the Pacific Ocean, I ran my residential 10-day Sex and Relationships Seminar.

People from all over the world - Australia, England, and other parts of Europe - came together (okay, bad pun) to participate. It was a diverse crowd including married, single, gay, straight, older, younger men and women. The prerequisite for doing the Sex and Relationship Seminar, as well as a common denominator, was that everyone had already completed my 3-day The Living Game Seminar with me.

Everyone agreed for me to record the seminar on audio tape and have it transcribed and eventually published. The agreement was that I promised to maintain their confidentiality. I had already delivered many similar Sex and Relationship Seminars in Australia. Everyone involved agreed that "the next time" it needed to be taped: all that transpired, all that was shared within the group, and the obvious value to the participants should be shared with others too. Thus, the idea of this book grew. It was during the seminar that the name for this book came to me. I immediately shared it with the group and it was met with laughter, hilarity and approval.

The tapes of the seminar were transcribed and edited to remove chit chat and some of the less relevant titillating details as well as some processes not easily communicated in written form. The book became an underground sensation in Sydney at the time.

For most of the last 20 years I have been living and traveling in the United States of America. During that time I have resided in many regions and cities, visited over half the states, and driven hundreds of thousands of miles on road trips. I have lectured at two American universities and made multiple media appearances both local and national. I have lived among the rich and the poor, the abled and disabled, religious fanatics and

atheists. I have read countless books and had innumerable conversations with a wide range of people throughout the country - from the mega-rich in Aspen to teen gang-bangers in San Francisco to good old boys at hunting camp in West Virginia.

Sadly, I have come to the conclusion that America is a waning empire, slowly dying from the seeds of destruction it has sown over the last 50 years. After having spent so much time in the country, I feel at home here. I realize that something must change if we want to preserve the visionary capability of the United States. Unless we have a real revolution in thought, belief, value and action, it is surely doomed. Recently, the cultural imbalances I have observed and commented on for decades, have produced an economic and political meltdown. We have also had the astonishing election of Barack Obama to the Presidency - a dramatic example of the nation's ability to regenerate itself and a major reason why I feel ready to release this book in America.

In my years here, I have attempted to untangle and understand the many sources of dysfunction in America. I have looked at issues like race, money, religion, and Puritanism and have come to a firm conclusion. What we really need is a sexual revolution.

We need to have a sexual revolution that frees our passion and pleasure for life, that opens us to our glory as human beings. Until we have that collective breakthrough, we will continue blocking, suppressing, and judging all of our inherently wonderful human energy. Instead, it will continue to be funneled into destructive paths like war and vengeance, hate and suppression, torture and oppression.

It is time to complete the sexual revolution that began in the 60's, that said, "Make love, not war." The self-evident phrase that emerged publicly during the same era, "Fighting for Peace is like Fucking for Virginity," is an important reminder.

The more time I spend in America, the more I see the vast differences in how Australians approach sex and relationships. It is clear to me that Aussies really took the sexual revolution to heart, while in America, the combined reactionary forces of religion, puritanism and government have done everything possible to stifle and dismantle the openings that occurred in the 1960's.

Perhaps this comes from core cultural conditioning: whereas the first white Americans were Puritans - uptight, controlling god freaks - Australia's first whites were convicts (both male and female) and their guards. The first night they landed on Sydney's shores after a grueling six month boat trip from England, they celebrated with a wild drunken orgy on the beach of what is now Circular Quay, next to the Sydney Opera House. America was baptized in prayer, penitence and punishment, and Australia was baptized in song, semen and alcohol!

Unfortunately, many Americans are completely ignorant about the fundamental cultural beliefs that keep their country stuck in guilt, fear and righteousness. There are so many examples of the propaganda that exists here to convince Americans that America is "the best country in the world." It is a daily drumbeat that blocks out almost all comparisons to other countries with actual better conditions.

The struggle for women's rights in America is a perfect example. For 20 years in America I have regularly been told that Aussie men are misogynistic. The truth is that Australia was one of the first countries in the world where women got the vote (effortlessly). It was many decades before women in America formed the Suffragette movement and were jailed, beaten, raped and even killed just for participating in protests demanding the right to vote. Another example: 40 years ago all women got equal pay for equal work in Australia where in America today they still average only 70% of men's pay.

Power struggles like this reflect core relationship issues in America. I was shocked by the underlying beliefs about, and almost universal dynamic of power and control games between men and women including the suspicion, anger, ridicule and even violence of both genders toward one another. I had to ask friends what "pussy-whipped" meant when I came here, having never heard the term nor seen it in action anywhere else I had traveled in the world. I learned about the whore-john dynamic in American relationships - a common situation where women try to look beautiful to get a rich man and men believe that the more money they earn the prettier the woman they will get. In fact, a survey in early 2009 had 75% of women in America saying they would marry for money (Prince and Associates). I heard the constant refrain that men are bastards, brutes, not to be trusted, afraid to commit, among other put-downs and

ridicule. Men told me that women are sexually withholding, mean, money grubbing, make no sense, etc. Although I heard it often from individuals, this litany of mutual rage is obvious when listening to the wild applause given to stand-up comedians when they are exploiting such perspectives.

Americans would ask me how it was different in Australia and I would reply, "Well, for starters, men and women like each other. Every man I know has close female friends and every woman I know has close male friends." They would look at me like I was from another planet. "I am," I tell them, "I am an Austr-alien."

It is said that the truth is the first casualty of war. No, it is not. The first casualty is love. We kill love and then we kill truth.

After reflecting on the relationship struggles within this country, on both individual and national levels, it became clear that it is time to get this book out there again, only this time in America. I offer it not as the answer, but as a part of the conversation that we people need to be having.

I hope you enjoy it!

Gregory Charles

Day 1

“It’s not until you do something different that you start to see what you have been doing.”

ENERGY RELEASE - BELIEFS AND CONDITIONING - INITIATING -
BREAKING PATTERNS - GROWING COMMITMENTS - HANDLING
RESPONSES - POWER GAMES

(Note from Gregory: “Dynamic Meditation was created for Westerners as an acknowledgement that they need movement and action. In is in four parts, up to 10 minutes each, with eyes closed. First is Catharsis, where people stand and yell and scream and make all the noise they can. Next is Who - where people bounce gently (or not) on their feet saying the word “Who?” with each bounce. Then comes Freeze where participants do just that, not moving a muscle, and ends with Natural Dance, with free-form movement. We began each day of the seminar with a 40 minute Dynamic Meditation to get people to loosen up, get their energy flowing, and to get everyone Present in the seminar.”)

Participant: ...Sweat drops are a real challenge for me. When I started doing the Dynamic, it would drive me crazy when they were running down my nose and now I really enjoy that. This morning in the Freeze section of Dynamic there was this real mother of a sweat drop I could feel, it was blissful but it was tickling me, and then it just sat there. It was incredible, and what I realized was that I can't stand frustration. It was like “DO something will you, and keep doing it. Don't sit there, do something!” I finally wiped it off. Then I immediately started beating myself up, like “Oh you've got no patience” etc. So finally I made a commitment: “that the next sweat drop, I'll absolutely stay with it, whatever it takes, if it drives me out of my head.” It was amazing, the sweat drops kept moving. Not one of them would sit still.

Participant: ...That part of the process is about being still, and the fundamental thing is just my inability to be still, or more my resistance to being TOTALLY still. There's a level where for me survival is called keep moving, keep doing something.

Participant: ...One of the things that happens for me sometimes in the Who, is that suddenly I'm in it and what's happening is that instead of my body kicking me up, and then being on the downstroke, the Who kicks me up and I'm a yo-yo and the Who is the hand that is making my body rise again. It's strange, it's like anti-gravity, like my natural space is to be up and the Who takes me up and then when I end the Who my body comes back but it's not meant to be down there. I don't know whether that makes sense but it's reversed. It's great. The energy takes over.

Gregory: A story I've shared with a few people that really astounded them about the sort of energy we have in our bodies and that we lock in our bodies: When I did Primal Feeling Release work, I finally hit total rage in a session. I was 27 and I'd been totally shut off from my anger. I used to weigh 17 stone (240 pounds), and I was a "nice" Libra who never got angry. It took me many feeling release sessions to feel anger and when I finally did I became Rage. I was lying on my back in the session room that was not quite as big as this room. As I dropped into anger my whole body, from lying on my back, propelled itself like that (makes a sweeping hand gesture) across the room, a good ten, twelve feet. My body hit the floor and went straight back to where it had started. There was absolutely no muscle effort involved, it was just bang bang, my whole body just propelled through the air and I hit and there was absolutely no pain, no bruises, nothing. It was just voom VOOM. I stopped for a second and looked at the facilitator and she said "it's safe go with it". I shut my eyes and my body took off again, and for 5 minutes I bounced around the room and I was literally hitting walls and the floor full-on and just bouncing back. My hands were beside me for the whole time and I was just bouncing around the room. It was like flying. It was extraordinary. In the following 3 weeks I lost 3 stone (42 pounds). Because all that anger was gone, I didn't need to hang on to all the weight to protect me, like a car bumper bar.

Participant: ...In the Catharsis section I found out how much pain I have inside me.

Participant: ...I was switching from crying to laughing.

Gregory: That's called laughing release. They're associated by the way. I'll often have people laugh where I can't see their face and I can't tell whether they're laughing or crying. What passes for laughter is often

camouflage crying. That's why so many jokes are painful. The only form of non-violent humor is a pun. All other jokes are about pain, or put downs. Think about it.

Participant: ...I had several sensations all the way through and in the Who I felt nauseated.

Participant: ...With the free dancing I felt parts of me pre-empting what I was doing. It was like trying to reach for the sky, and I couldn't reach far enough, like I was trying to pull myself apart, go sideways and up. Then later on in that same session I felt weaker and weaker and I couldn't even hold my arms up.

Gregory: Sometimes weakness is a reaction. We've learnt to hold our energy down and keep ourselves disempowered on every level. So as you start to do things like Dynamic and your energy starts to open and lift out, then the old controller that learnt or was taught that it's only safe if your energy is kept low, can come back in and go ZAP and shoot your energy back down. That's where you feel really weak, that's one possibility. It's simply a matter of acknowledging to yourself "yes my energy is coming up and it's safe." And then as you do it more your body gets the message, "hey, I'm doing this stuff that I've believed isn't safe and the sky hasn't fallen in." In other words, it is safe.

We carry many beliefs about what is and what is not safe, and about what we should and should not like, and we are not even aware of them, or that they are programmed in us. While we stay unaware of them they run us on automatic pilot.

It's not until you do something different that you start to see what you have been doing unconsciously as a result of your conditioning.

While you're doing everything the same as you always have, the conditioning is invisible. When you start doing things, life itself, differently, the beliefs and voices or reactions start going, that's when you get to see how they work and see what they are. If you want to keep doing the new thing, the more you do it then the more you're giving that old conditioning the new message. You're re-conditioning yourself. You're creating a new program that says it's now safe to do this, whereas the old program has said that it's not safe to do this.

We've learnt to be really scared of new sensations.

I know that I'm going to feel a hell of a lot better if I do the Dynamic than if I don't. But the sensations I have when I don't do the Dynamic are more familiar and therefore they feel safer. I'm still attached to safe sensations at times. When I do it, I have a new sensation and it's like testing the water. The more I let myself have them the safer it gets.

When you acknowledge stuff you can change it. It's that simple. With this body stuff you get a whole new level of what acknowledgement is about. The three fundamentals of The Living Game Seminar are acknowledgement, choice and sharing (action). Just to acknowledge something immediately begins to change it. Because the moment you acknowledge it you're already making a more conscious choice about it.

What we're good at is not acknowledging that because the fear is if I see how hurt and lonely we've been then not only do we have it, but we'll see that we are stuck with it. So the belief is that if we block it out, we might be hurt and lonely but at least it's not painful. So we anesthetized the pain and thus ourselves. But by seeing it you can do something about it. During the Catharsis, with everyone yelling and screaming, what occurred to me was that the whole planet hurts this much. Billions of people on the planet could walk into a room like this and access that sort of hurt and sadness and anger and rage and pain. Now instead of putting energy into avoiding how hurt and lonely you feel you can put the same amount of energy into doing something about it. It's great.

Participant: ...I feel the need to touch, almost too much ...

Gregory: The only thing to do with temptation is to give in to it. One of the things that will happen through touching others a lot is that you'll also touch yourself a lot more deeply. The more fully you touch yourself the less you need to touch and you simply do it because it's so enjoyable. Need is a funny word, because need can mean needy, as in dependent and needy. We all have a need to touch, just as we have a need to eat or breathe. We've had that need shut off, so what results is we get needy about it. So have it, fill it up.

The creative spark occurs when people work in groups and combine energies. It is very powerful. And here we are in a society that supports you in staying isolated. It's crazy.

So what's the problem with sex?

Participants: (various) ...It's dirty ...hard to get ...the rules say it has to be one person at a time ...it's uncovering ...it's not safe to let go ...too many damn rules ...there's no manual.

Gregory: No you can have it manual - it's called a hand job!

Participants: ...(group) Groan!

Participants: (various) ...Giving is a problem ...so is receiving ...the confusion between sex and relationships ...mind games, that's another version ...expectations ...all the strings that are attached.

Gregory: Do you notice that people never sweat in your fantasies, and they never get up to go to the bathroom. And they don't ever fart while you're having a 69.

I have a Virgo friend who's been resisting doing this seminar and she said, "I'd do it, but it's all those bodily juices I'd have to deal with." Virgo's idea of perfect sex is no juices or sweat involved.

Participants: ...Sex is physically confronting ...paranoia about my body ...why is Virgo categorized?

Gregory: Virgos have got a thing about purity and cleanliness. The generalization about them as a group is that they like everything ordered. You can always pick who has lots of Virgo energy at work: they're the one who picks all the fluff off the carpet. So what else doesn't work about sex?

Participants: ...Not letting people close ...fear of judgement, is it big enough? ...am I good enough, my body.

Gregory: So performance judgements.

Participant: ...Guilt.

Gregory: Right. Like, "God will get me."

Participant: ...Being a female and the way I've been brought up, the male has the power. He has the car, he's got the power and I just sit there. I felt it was the same with sex, until I started experimenting and found that doing it for me made a whole lot of difference, and it's still hard.

Gregory: What did you do differently that made a lot of difference?

Participant: ...I set up a relationship and approached somebody, which I've never done before. Then I felt that I was in control. Instead of thinking "is it right, will he think I'm too aggressive?" I allowed my feelings to flow. That was great.

Gregory: It's fascinating what women believe about men: they own the car so you feel like they've got the power. People spend a lot of their life to get rich enough to have someone drive them around. One of the greatest status symbols in our society is to have a chauffeur.

The point I'm making is that it's not just what you do it's how you view what you do. Women have also exacerbated their perceived role by having a picture that they're powerless, ineffective and weak. You can be picked up and dropped off and feel weak and passive or you can be picked up and dropped off and know how powerful you are to create a chauffeur!

Participant: ...In our society, the men are expected to make an approach. I don't agree with that. We're expected to make all the bloody rules and it's a pain in the butt, rather than having an equal partnership where you both feel free to make any moves, sexual or otherwise. It's always "unless I get off my butt and do something" nothing happens.

Gregory: This is a huge issue and there's so many parts to it, but one of the things is to take responsibility for the responses you generate. If you are approaching men, and getting negative responses, then they're reflecting your judgement that you shouldn't be strong, aggressive and forward. Then you go back into agreement with that judgement.

What I'm hearing is: let's say 60% of you is traditional role playing, and 40% of you is saying, "Screw that. I want to do it differently." So the 40% of you acts and you walk up to a man and say, "I really want to do it with you", i.e. you make the move. You probably choose the men whose response is, "AAAAAH," to reflect the 60% of you that is saying, "AAAAH! What the hell am I doing?" Then the adventurous 40% of you yells: "AAAAAH

...What the hell am I doing?” So you go into the agreement with the 60% and it gets to win: you retreat back to the old pattern.

So take responsibility for that. So many women fall into this trap. In The Living Game Seminar it comes up again and again. I'll start talking about doing things differently, doing new things, having new experiences. I'll say, “So, women, why not go out and put the hard word on a man,” and I know when I say it at least 2 or 3 if not half the women in the room are going to say, “I tried that once. And got a rejection response.” Of course you did, so you can give up, or you can take responsibility for it and look for men who like that approach.

Many men acknowledge that they like women making the first approach to them. I love it, and got to a point a couple of years ago where I made a commitment to myself not to proposition any women, not to make any advances. I was so tired of that game. I made a commitment that I would only go to bed with women who propositioned me. It was a scary commitment to make because I realized that I may be waiting a long time!

It took three or four weeks and then I was deluged with women I've known for ages, saying, “I was thinking about you the other night and I'd really like to go to bed with you.” When I was willing to change inside then things changed outside. Now it's about 50-50. It's not an issue anymore. If I like someone I might say, “Hey I'd really like to go to bed with you,” and sometimes I get “yes” and sometimes it's “no,” and sometimes women say to me, “Hey I'd really like to go bed with you.” And sometimes my response is “yes” and sometimes it's “no.” The balance happens.

Participant: ...Getting back to control. I realized over the last 3 or 4 years that subconsciously I might have been putting out vibes, so certain people show up in my life, but I have no idea how to handle attracting a man who realizes that I would like to have sex with him. So, what I'm saying is I would like to be more in control.

Gregory: The way it's been, is that the man appears to be in control. That's the traditional relationship. That's the story that we've bought; that men have controlled women and they've controlled relationships. What hasn't been acknowledged is the women controlling the men who think they're in control.

Control is more than it appears to be. An example from my nursing days; there are people who appear to be totally powerless, they are grossly retarded - "vegetables" - zero IQ. They can't talk, or walk, they can't feed themselves. They appear to be the most un-controlling human beings on the planet. They can't even control their bowels.

Yet have a look at the control they have. They have the Government and the community spending a fortune on them, something like \$55,000 a year each. They are so controlling that they sit there and get fed, washed, bathed, dressed and carried. That's like living your life as an Eastern Potentate. Phenomenal control from a totally passive posture.

What has existed is a structure in relationships where men and women have simply played different control games. Men have had the overt control and women control by less obvious methods.

In your questionnaires for this seminar a lot of you had either a fear or a desire to lose control. You either fear losing control, or you want to learn to lose control. We've come from a Judeo - Christian cultural background where Man(kind) dominates the Earth, and look what we've done with nature. We live in the incredibly arrogant belief that we can dominate nature, and we're learning the folly of that belief.

In relationships we control and dominate other people. Now the trap for women is to say, "Well I'm sick of these suckers dominating me so I'll do it to them!" A good example of where women fall into that is in business, where many women think that to be successful in business is to be more like men than men, and just play men's games better. What you end up with is men without dicks.

Now the joke is that at the same time men are getting sick of playing those old games in business. They're looking for a better way. So as they're stepping into new possibilities women are taking up their role. Men have already spent 3000 years finding out it doesn't work.

Participant: ...Is that really happening though?

Gregory: In segments of society it's happening. In business I have been having a lot of interaction with many successful, wealthy and powerful business people, specifically men. These guys are just sitting there saying,

“I don't want to do business like this. I've done it, I've made it, there's got to be more to life than this shit.”

At the moment I've got a 100% success rate in enrolling the heads of successful companies into The Living Game Seminar. That's the degree to which successful men in business are looking for new ways. But if women in business don't wake up fast they'll step into the old roles thinking that that's how you win. The men are already learning that that's not how you really win.

The opportunity for women is to be powerful in their own right just as a lot of men are becoming powerful men in their own right, letting go of the old roles. But while you have any relationship based on unconscious control, then you have a power game. You see the old type of relationship where the man was nominally in control and the woman nominally felt hard-done-by or passive or weak or out of control. Whenever that situation arises she has to do something to re-establish control in order to feel safe.

Participants: ...What? ...I didn't hear it ...went blank.

Gregory: You and a lot of others. I'll say it again. Take it off relationships. In any situation where you feel like someone else is in control of you and you feel little, weak and powerless, you have to find a way to re-establish some control so that you feel safe. It might be to mess them up. It might be to sabotage them. It might be to rebel against them. It might be to leave the situation.

When some unconscious control exists, something has to balance it. That is happening in the context of a power game. In a relationship that is based on struggling for who is going to be on top, you're in a power game and you're putting your energy into winning and beating.

Participant: ...I don't like being passive or accommodating. Yet I don't want to be aggressive and controlled so I just back off.

Participant: ...It should be mutual, shouldn't it?

Gregory: I'm not saying it should be, all I'm saying is we've done relationships on the basis of a power game. Therefore, if you don't feel like you're in control then one urge is to be on top, to be in control. But that doesn't solve it. That just keeps you stuck in the power game. You may feel in control but you won't feel safe, because even if you get to be

in control, then you're scared you'll lose it. So you must go into heavier control to reassure your fears. This is why dictators become more and more repressive. I don't know how to have an enjoyable, satisfying and fulfilling relationship on that basis.

Take it off close personal relationship, and have a look at how you organized breakfast this morning. Who was in control?

Participant: ...Each of us.

Gregory: Yes, and did someone set up as a leader to guide things or did leadership move around?

Participant: ...Yes, the latter.

Gregory: O.K. What usually happens in a situation like that, is that everyone is in control and there is a designated leader, or leadership moves from person to person. There are suggestions, guidance and coaching such as "Where's this?" "It's over there." "Don't forget to wash your plate," etc. ...There is interchange with everyone as equal, valid and valuable individuals.

Now that is a relationship you are having. That's called a group relationship. There is no control game and no power game and everyone acknowledges everyone else's right to get what they want their way within the context and the purpose of the relationship, which is called, "Let's have breakfast."

Get the difference? Now can you just spend a moment and see if you can visualize running your personal sexual relationships like you ran breakfast. Did anyone think, "Oh I'd like to sit with them and have breakfast" and you went and sat down? Did anyone do that? Great. Did anyone have the experience of someone sitting near you and you didn't want them to and you moved away. Great. How would it work if you ran your sexuality like that? Gee I'd like to do it with you. Gee that would be good. Can I come and sit over there and we'll make out? You know what I mean?

It's just a different position to come from. It has nothing to do with roles, control, and winning. It has nothing to do with possessiveness. It has nothing to do with pay-back. It is to do with you getting what you want, with everyone around you getting what they want, simply and honestly. No ego, so no-thing to prove or fight over.

You all get what you want together. One of the most powerful sexual relationships I have ever had is with a friend of mine, a woman. I've never had sex with her. It's just never been there but one of the things we do is share in great depth what our sexual relationships are like and it's fantastic. We may or may not ever get around to having sex together, but that is not the point.

Participant: ...Gregory, when I did The Living Game Seminar you said that was my biggest issue. After that major changes happened, like I had sex again.

Gregory: Can I tell them something about that? She was in the middle of The Living Game Seminar and she yelled, "I'm wet, I'm wet!" We suddenly realized what she was talking about and all laughed.

Participant: ...Then I was having sex selfishly, and I approached it to please myself. Now it's completely satisfying and easier.

Participant: ...How do you move that into the work situation? There's not a lot of people who work like that.

Gregory: Your experience is that the places you have worked in are control situations: you work there and get pissed off and don't think it can be any other way, even though you want it to be.

The minute that I'm not willing to work under certain conditions, even if it means being unemployed for the rest of my life, then I get clear finding what I want. So it's "ask and you shall receive." The Universe will give you whatever you are committed to, and you must be willing to take a risk.

I was bored with the game of approaching women and initiating things. I wanted to have it the other way. So first I made a commitment to stop doing it the way I didn't want to do it. Then other, different things can happen. But while ever I hold on to the old pattern, I don't have a 100% commitment to have the new and I'm compromising mySelf. The minute I have an absolute commitment to something the Universe provides it. In other words, my commitment manifests out there. While I'm playing it small, that's what I get. You get what you go for.

Participant: ...An example of that, over the past 6 months I was doing seminars with you, I knew that my work was not working for me. I was shit scared to leave. For the last four months I've been working with you,

having made the commitment to do what I really wanted. This is the only relationship I have had with my boss and my partner and I haven't had any ugly confrontations. Breaking the pattern was the thing. I didn't think that I could do it or I didn't think there was another way.

Gregory: Your example is great. He was running his own advertising agency, running himself ragged. That's how people in the advertising world think life is. You run yourself ragged, get ulcers and die young ... rich, but young.

In the meantime you compromise every value you've ever had and you let clients decide when you shit. When he did *Turning Fear Into Power*, I really put it on him to do *The Living Game Seminar*. He said "I don't have time" to which I replied "you don't have time to not do it". He came and did the next weekend and realized he had to clear up his relationship with his partner, then did *Fast Forward* and realized he had to get out of the business. Then did the *Leadership Day* and saw he had to get out of advertising.

He made that commitment to himself not knowing what was going to happen, then decided he wanted to work with me. We had a meeting two days later and he said, "I want to work with you, tell me what job is available. I will wash the floors, I'll clean the toilets, I'll make coffee, whatever the job is I want to work with you." How could I refuse???

You can't refuse someone who is that committed. Even if previously I thought he was a prick, which I didn't, someone who comes from that degree of commitment is unstoppable. So I said "be my Sales and Marketing Manager, and I can't pay you". He said O.K.

The joke from his end was, he was terrified of leaving the advertising agency, terrified of the change it would mean. He works on a commission with me, so he does freelance advertising two days a week and he is making more money in advertising than he has ever made in twenty years! See, that is how the universe rewards you for the risks you take.

He felt that the risk was so big it was as if he was facing death. When you take risks that big your commitment is that big so that is the result. Instead of working nine days a week and struggling he is working two days a week. He is making more money than he ever had. He hasn't had to look for a job, he's had people ring him up saying, "Will you work, will

you work, will you work.” He is knocking work back left, right and centre. In fact he is now training someone else because there is so much work available.

Joe did the same thing last year after he did the last Sex and Relationships Seminar. He was working in architecture, had a nice safe job that bored him and didn't open up his creativity. He made the decision to leave and create his own graphics business. You were crapping your pants, weren't you? He was breathless with fear at times. He rented the front office from me, moved in and the phone didn't stop ringing! It was instant, work pouring in the door. It doesn't matter what it is; sex, money, work, whatever ...while you are willing to have less than you want, you will get less than you want.

To come back to what it may take to turn that other 60% around; it might take putting the hard word on 543 men. And the 544th man will say, “I love it.” It might be that that is the process you need to go through to grow the 40% to be 100% and to reduce the 60% to 0%. Each time you go for it, and get a no, you ask yourself, “Am I going to agree with the old me or the new me?”

That is the process, and sometimes it feels like you are not getting anywhere. The word “seminar” literally means seed, it comes from the word seminal which is semen, which becomes seminar. When a woman gets pregnant, you don't see anything for up to 5 months, it doesn't seem like anything is happening, but there is a lot happening. It's the same thing - you might do it 543 times and it seems like you're getting nowhere. But every time you take that risk and go for it, you develop your ability and you diminish your resistance.

Sometimes it is a gradual progression where you see a small benefit step by step till you get there. Sometimes it seems like nothing has changed for months and then suddenly it is all there. Sometimes it's immediate. While I keep going for it, I will get it.

Participant: ...With that process last night, saying “I want to fuck you.” I have never asked anybody that before, so it was really hard for me. Once I did it, it felt like all the terror had gone. And also the terror was that I wouldn't get asked at all, and I got asked a few times.

Gregory: Terror can be highly motivating.

Participant: ...With my experience of fear, I'm almost being blasé about it.

Gregory: That is the other side of fear. It's called taking a walk. The fear is losing it's power.

Participant: ...When I woke up this morning, I really felt like part of me was just saying, "maybe it will over the next few days."

Gregory: I was at least 27 before I knew that I even had fear, or anger, or sadness for that matter. I was cut off. I just didn't have those problems, thank you. This guy I used to work with once said to me, "Gee, you are an angry man." I was enraged! "How dare you say I'm angry, I'm not angry. I'M NOT ANGRY!"

One of the ways we deal with our fear is to take a walk on ourselves. When we're really scared of our fear, or scared of feeling fear, we just step out. The extreme version of that is Space Cadets. We space out. We get out of our space. We leave our bodies on Earth to get on with our life and "we" float out in space.

Participant: ...I'm learning how truly evil I really am.

Gregory: They already knew that. Who else has issues about being evil? So there is a strong belief in your own evilness.

For example we've been told that to be angry is bad or evil, so you suppress the anger and get angrier and eventually get so angry that you feel like you could kill someone and then go into fear about being a killer and that is really evil so you suppress even more. It's a negative spiral.

The key to it is that what you judge to be wrong about you is what you've learnt to judge as being wrong. I say there is nothing inherently wrong with any of us. There are things about us all that we've learnt are wrong. When I was young, I learnt it was wrong to masturbate. God was going to get me if I masturbated, that was evil. The Catholic church teaches that's a sin. That's a pretty evil trip to lay on a 10 year old boy; "You play with your dick and make it feel good, and if a bus hits you, you burn in Hell forever, babe". That is a solid message.

Participant: ...I am constantly judging myself. One thing I am scared of is that I intellectualize so much. I ask myself what sort of intricate story am I scheming together? And I project that on to everyone else and have them think that I do that.

Gregory: So sometimes you do. And sometimes you don't. There's nothing wrong with intellectualizing. It has great value, sometimes. I used to intellectualize everything. I literally had the experience of being cut off at the neck. This thing called a body was my life support system. Where I lived was in my head. I was the pilot up here in my head, doing all this stuff. I had this life support system going. This body was a thing that hung off my neck.

My experience of life was all theoretical because I was totally disconnected. When I did Primal Feeling Release and started connecting with my feelings and my body, everything changed dramatically. That meant I would have experiences and then thoughts about them. Rather than have thoughts instead of the experiences and feelings. That is the difference between understanding and knowing.

I am still able to conceptualize but now do it on the basis of my experiences and being Present, not instead of them. Before I got into Primal, I used to love sitting around with psychiatrists and psychologists theorizing for hours. After I'd done Primal it would drive me batty with boredom at the irrelevance to Life it all was.

Participant: ...That's why I am always restless. I feel the need to constantly have new experiences because I feel such a lack of experience in my intellectualization.

Gregory: For you as a computer genius to acknowledge that is great. So act on the acknowledgement. Go and have five hundred thousand experiences.

Participant: ...Another thing is I've been saying a lot of things like, "This is my problem and this is a terrible thing." And I feel very sad about that.

Gregory: There is no drama running on this planet that is better than our own! We all are Broadway stars in our own lives. I was saying when you do new things you see what you've been doing. You also identify what your own personal drama is. We live our drama. Whatever your life is, I say it's

a drama. You've written a movie script, then you act in it, your own life drama. So that is what part of your drama has been. We learn this role of how to be a person. For example, you want to get across something that is serious, so you get yourself sad so that everyone knows that it is serious, then everyone says, "Oh, I feel so sorry for you. Let's all give him some support," and we all have a big hug.

That is your game. We learn all these games. We just keep playing games. It becomes so automatic that it is as boring as shit. I enjoy doing The Living Game Seminar with psychologists. I just love blowing psychologists' minds sideways. Out through the wall, out through the next block. Guess what! They love it too. One rang me and said, "What do you think of the blah blah blah model?" I said, "I think it's a crock of shit." After a second of silence she said, "Oh, great, I'll do your seminar, I'm so fed up with all the garbage I've been doing."

So, you are not evil. What you've done to yourself is evil. I had a lot of resistance to the word evil for a long time, until I understood that evil is the shit we do to ourselves. My definition of evil is that it is anything that is anti-life. Evil is LIVE spelt backwards. Devil is "LIVED" backwards. Evil is literally anti-life. Religion symbolically externalizes the Devil and the God within you. The Devil, and evil, aren't about doing things that feel good. They are about things that are anti-life, anti-choice.

Participant: ...Just like God is dog spelt backwards.

Gregory: Yeah, see he has a sense of humor. In the beginning was the bark. And the bark was made dog!

Sharing is not holding back on yourself and not doing yourself over. When you share you feel evil, just as you learned. In fact you already feel evil and by sharing you bring forth that feeling and then let it go. In the sex experience you do something that feels bad, and you think, "Oh, I won't do that because it felt bad", but you already felt bad, and doing it just gave you an opportunity to really feel how you actually feel. In fact it is probably good for you because the more you do it the more opportunity you have to release the underlying bad feelings.

Most "bad" feelings occur in sex because you learnt that it was "bad" to do that and if you did it you should feel "bad" about it and yourself. There's the great saying, "If it feels good, it's either illegal, immoral, or fattening."

Rules and morals are more often than not about control and repression. That's all. Rarely do they help create something.

Have you ever had a sore that has become infected and you lance it and gunk comes out, so healing can begin? We don't say, "Oh, piercing that makes gunk come out of my arm so I won't pierce it in future." Yet that is how we sometimes run our lives.

Participant: ...Sometimes I am talking to a man, I'm not really listening. Instead I'm thinking, "Ooh yum" and then I'm thinking, "Oh, is he thinking that?" It happens all the time. The problem is I don't know how to deal with it.

Gregory: Just get in to it. I can just see her walk up to some guy, saying, "I bet you can't guess what I'm thinking about." One of the things to acknowledge is that astrologically you've got Venus/ Mars sextile. You have a particularly strong sexuality and see the world through sex. Everything is sexual for you. You stick a plug in the wall and it reminds you of sex!

Life is based on sexuality for you. Everything is sexual. Life is a process of constant creation, and in that, a totally sexual experience. You're just more in tune with that than most people.

Participant: ...But I'm scared that if I allow it that fully everyone will think I'm a tart, and at work that I am sleeping my way to the top.

Gregory: What is wrong with sleeping your way to the top? If you've got it, use it honey. Some people dress their way to the top. Some people study their way to the top - now that's prostitution. Imagine going to university for three years just to get to the top. Some people backstab their way to the top. You see there are lots of ways of getting to the top. Who is to say that a college degree is better than sex. I mean you are going to have more fun bonking your way to the top than studying your way to the top. Ha, ha. OK, seriously, listen, few woman ever got to the top by bonking their way there. Do you know who created that myth? Other women. Not men. Other women created that myth, I believe, to justify the fact that they didn't make it to the top.

Participant: ...Or that they didn't bonk.

Gregory: Or that they didn't bonk, thank you. You see it is a bullshit myth. No man in their right mind is going to make someone an executive

manager of a group or a division or a company because they are a good lay. Unless it's a mattress company. "I can guarantee that these are the best mattresses."

So you get turned on by a lot of men at work. Work your way through them. It's like someone in the desert who hasn't eaten for ten days and you could give them bad meat and that's food man, they are going to eat it. Depriving yourself of sex makes you indiscriminating. You'll bonk anything, or you'll want to. But if you are getting plenty of sex you have choices. That's when you are discriminating.

If you have plenty of food, you're not going to eat bad meat. You'll say, "Not that, there's good food over here." When you are getting plenty of sex, the energy shifts in you. Because then you say, "Oh yeah, he's nice but there is plenty around." See, nothing gives you the power of discrimination more than abundance. Nothing that I know. The minute you've already got what you want, you become very selective. If you walk for 30 miles, you'll drink anything. But after that first drink you'll then think, "What do I want to drink?"

When you come through the door, it's just liquid. It doesn't matter what it is, as long as it's not poisonous, you'll drink it. But after the first drink, you'll think, "What would I like to drink?" You've got your discrimination back because you are not needy.

Participant: ...Can I ask a question? If a woman was having it off with several men, then she would gain a reputation amongst men. So then if you had to compete with those men for a promotion, for example, wouldn't you then be passed over?

Gregory: If that is what you create, sure. If you've got that belief then sure you will.

I worked in hospitals for years. Nurses are the most profligate group of people I've ever met. I mean they're like rabbits. You want to become a nurse, the first thing they do is check your ears. They're unreal. Everything you've ever heard about nurses is true. And I knew nurses who totally bonked their brains out. They bonked their way through the hospital, and everyone knew it and had absolute respect for them. I knew other nurses who screwed around a little bit, and no one had any respect for them.

So it had nothing to do with what they did. It had to do with who they were and their attitudes. Go and work in a company where it's not an issue for anyone.

Participant: ...What about playing a game with yourself so that if sexuality is a big deal in the company, you just laugh it off?

Gregory: You are now suggesting to just pretend that the way it is does not exist. That's like telling a starving man to laugh off the idea of eating food. "Eat sand and pretend it's real." "Oh great, I'm eating fillet mignon, thanks, brilliant."

Participant: ...Can't you allow yourself to see the sexuality in it and then laugh at it?

Gregory: You can, but I am acknowledging that there are specific astrological characteristics that apply to some people that are called, "You live sex. Everything you do comes out of sexuality." It's very powerful sexual energy. Some people live painting. Some people live cooking. Some people live family. Some people live work. Some people live travel. I know people who just have to travel. That's where life is for them. So that is what they do.

There are lots of outlets for those different energies, but what happens for the people who live sex? They've been squashed. So you get to look at how do you create it so that you don't create havoc.

Ultimately when you are clear about where you are coming from no one is going to disagree. I get up in The Living Game Seminar and I say some of the most off the wall, outrageous things to people like you, and what did you all do? You listened and considered it. You accepted it as my okay truth. Isn't that true. I get a 75 year old grandmother in there who says to me, "I'd like you to stop swearing." I said, "Go fuck yourself." And she thought, "Oh, okay. He's not going to stop swearing," and did the seminar, had fun, and after it brought me a dozen roses for being a great swearer!

It's not just what you do and what you say, it's more how you do it. We were at a business meeting recently. The general manager of a very successful business company was sitting with five of his executives. We're going to do business training with them this year, and we were enrolling them into The Living Game Seminar.

A woman in the group said, "What's your background?" meaning, "Who are you, that we should come and do your seminar." It was said nicely, but that was the meaning. I stopped and I said, "Well I guess it started when I was three. I went to live in a psychiatric hospital." This in a business meeting, all wearing suits and doing the whole bit. And please note, my father was promoted to Nursing Supervisor in a country hospital, and part of the job was to live on hospital grounds. Hence, as a kid I got to grow up in a psychiatric hospital!

Their jaws dropped. I proceeded to tell them how I was confronted with the whole issue of normality, sanity and reality, and how I went through it and became a psychiatric nurse, that I went and did Zen meditation, then studied magic in Bali, psychic healing in America, primal therapy etc. I took ten minutes to tell the whole story. My Sales Manager shat himself!

I said, "You've got to stop bullshitting yourself Gregory, you don't want to be a businessman like most people are." I want to be my kind of businessman, and I'm happy to put on a suit and tie because I enjoy that. I think that's a kick. I get bored with sarongs after a while. So I do it how I want to do it, and the message people get is, "Hey, this guy believes in what he is saying and he's having a good time." It's very appealing. When you're clear about what you really want you'll put it out in a way that people get very, very clear. They'll either say, "No thank you," or, "Yes thank you." And any other response will show you your resistance or unclarity in what you're saying.

Three of these people came and did the seminar of the 26 people working in their business. During the seminar they talked about how they would be when they went back to work together. They decided that they'd all turn up together at nine o'clock on Monday morning, and each of them would hug everybody in the office. Everyone in the office would get three hugs each in the following hour. They did, and said it was amazing. Some people fell over laughing, others loved it. Others had to be chased through the entire building so they said, "I'll stop chasing you when you give me a hug." So they got a hug.

I was talking to one of these men a week and a half after the seminar, and said, "How's it going over there?" He said, "It's amazing! People who haven't done the seminar, give other people who haven't done the seminar hugs. People are just hugging throughout the office. Not everyone, some

people are still sitting there thinking, "This is a bit weird." That's fine, meanwhile everybody else is having a good time together."

So you could start doing that and create a bit of havoc and a bit of flack, but when you realize that you are entitled to take anyone to bed you want to - assuming that they agree, everyone else will also realize it. If someone comes up to you and says, "Gee, you're a bit of a nympho." You can respond, "Yeah, and I love it." What are they going to say to you? See you only get flack about what you resist and disapprove of in yourself.

You want to end criticism, you agree with someone! What are your fears that they'll say to you or accuse you of, if you bonk half the guys in the office next week or the week after? Yeah, a blond bimbo. So agree with them.

Participant: ...It's not that I want to, it's just that I get in touch with an animal within me.

Gregory: It doesn't work that way. Only acknowledging something isn't always enough. Sometimes acknowledging it makes a difference, but how you turn things around is through acknowledgment, choice and sharing. Another way of saying that is to acknowledge, choose and do something. Sharing as taking action in the world.

So what stops you from saying, "Right now, I'm picking up and feeling some strong sexual messages, and I don't want to do anything with you at this point."

Participant: ...Because that's what I'm thinking, and the message that I get is that it's not OK.

Gregory: Most of the time, if you sense something about someone else, you're having a response to them, then there's something going on there. It's very rare that we act in isolation, or that you're going to sit there and have sexual feelings for someone who hates your guts. If that was happening then on some level you would pick up on that.

The contradiction is that you are getting pissed on by someone you don't want to do it with. That's a problem.

Participant: ...Can't it be that way?

Gregory: Well hang on. If you're getting turned on by someone, why wouldn't you want to do it with them? That's like saying, "I'm hungry, but I'm not going to eat food."

It's the same with anger. If you've got a bunch of anger, it's looking for an outlet. And someone walks in and you go, "I hate your hair AHHHHH."

You become an argument looking for somewhere to happen. But if you release that anger, then people can do all sorts of things that normally would piss you off endlessly, but it doesn't because you don't have an anger hook on it. I see it constantly when people are looking for an argument. There's a Monty Python skit, where you go and buy an argument. Phenomenally funny skit. Everyone related to it because when you're angry you'll find an argument. Whether you mean to or not, you'll find one. I love people who drive cars and have a collision and they stop and they yell at each other. I have this vision of educating them, so that when they'd finished that, they'd then shake hands and say, "Thank you, I really needed that." That's owning it and taking responsibility for it.

Participant: ...I had a meeting one day that got rather heated. A few people said a few things that I could have let hurt me. Then on the way home I ran into the back of a truck. So I got out of the car and yelled, "Why did you stop there for?" I dumped all my anger and then realized I'd never screamed at anybody else before in my life. It was so great, I'd realized why I had set it up for myself.

Gregory: Yeah it works that way.

Participant: ...I find that all of the stuff that I learn and practice and go through, I seem to resist when I go to work. It's very threatening for me to always be honest about what is going on for me, because I feel I'm threatening.

Gregory: The key is called "educating people." To share with people in a way that also educates them. Remember that thing at the end of the seminar, when I said, "When you go home, please speak to your friends in everyday, normal English." It's a question of gradient. So if you went into your boss and did an acknowledgement process in the way, and with the words that you might use with someone who has done the seminar, then you're not acknowledging or respecting where your boss is. I find that offensive. I call that, "Hitting people over the head with personal growth"

because there is no respect for them and where they are at or their point of growth.

It's also not about hiding your truth. For me it's about finding a balance between making the acknowledgements that I want to make and respecting the other person. Not ramming it down their throat, or hitting them on the head with it. And in the process, educate them.

This is a simple example; when I went to that meeting that I was talking about, I said what I said, which was very direct, very honest and very upfront, in a way that took into account the fact that I was sitting in a board room with six business people, talking about doing a seminar that would improve business. So I didn't sit there and say, "Oh and you are going to hug lots of people, and we'll probably talk about love and reincarnationetc." I didn't get into that, yet it is one version of the truth. I talked about productivity half the time. And in terms of relationships, I talked about them learning communication techniques that would make them more effective and get better results with each other and their clients. That's what they could hear.

Then they get into the seminar you can see the pennies drop; "this will work with my wife, this will work with my kids". Where they start is they're coming to handle their job and by the end of the seminar, they know that was just a small part of it. That's how it works. If you want to communicate, then use the language they understand.

The classic that occasionally slips into the newspapers as a criticism of new age, is that, "New Age people reckon that people with cancer chose it." Some dick-heads who have done personal growth stuff, have read a Louise Hay book and they've met someone with cancer and they say, "Oh, you realize you chose it don't you?" What an insensitive statement to make.

What a brutalizing statement to make! It's very different to say, "Would you like to try some other approaches to your cancer?" and get, "What do you mean?" Then I would answer, "Well there are techniques and approaches that have been incredibly successful in healing cancer. I sure can't promise anything, but hey, neither can traditional medicine. At least I can guarantee this will do no harm. Do you want to hear more?"

It's the same with AIDS. I mean, you walk up to someone who's lost 50 kilos in the last four weeks and they've been given three months to live, and you say, "You chose it." It's like the new age version of "god will get you." It's called "Screw you, I've got some secret so I'm special."

Participant: ...When I took the job, I told him that I was doing a seminar in January and that I need two weeks off. He looked really worried about it and I went away worried. I rang him and summoned up all my courage, and said, "Do you have an issue about me doing a seminar, because if you do I'd like to clear it up before I start working with you. It means a lot to me". He said, "No, don't worry about it." I felt very powerful that I'd summoned up the courage to be totally honest. Since I've been working there, it's been "keep away" and I've gone into not wanting to come across like a weirdo.

Gregory: O.K. given that it is work, what you can do is educate yourself to say what you want to say in a business context. I'm reading a book on McDonald's at the moment, sitting and marking quote after quote. Ray Croc, who created McDonald's, constantly used to tell his staff, "Don't worry about the money, make sure you do a good job and enjoy yourself and the money will come."

Now that's straight out of my prosperity seminar. I'd never heard another human being say it, and here's the founder of McDonalds saying it. So instead of walking in and saying, "Oh I did this seminar with this guy who runs personal growth seminars and HE said...", you quote Ray Croc, "The guy that created the largest food retailing company in the world said..."

There are plenty of people in business, really successful and prominent people who are amazing. There's many of them. One of Australia's wealthiest businessmen was asked, "What do you attribute your success to?" He said, "Vision, clarity and commitment."

There's an audio tape business training course that's been done by thousands of business executives around the world. Do you know what it's based on? Visualization, visualization, visualization. Goal setting with visualization. It's a new age business course that's not called that. This stuff is showing up in every area of life.

Participant: ...Our boss is constantly contradicting himself.

Gregory: So deal with this in terms of the relationship that you have: again the first thing is to take responsibility for him. "He's this person in my life who's contradicting himself. What does that tell me about me?" Start looking for where you are contradictory in your life. And then clean up your act, so that you get more consistent and on purpose. Then he changes, or you create another way of having it work with him.

Are you both experiencing him as contradictory? It's no accident that you two work together. You reflect the things you like and dislike about yourself in each other and you both choose to work with him. You contradict each other in subtle ways that you don't see, so you see him do it, and see where you are scattered. And as you get more clear and more focused, so will he.

As you do this, you can also get him focused and support his focus. It's actually very easy. If it was me I would say, "I see where you contradict yourself and I don't know where the hell I am, and that doesn't work for me and it doesn't work for you, because I am wasting your time and money. So I would like us to find a way that we can have clearer, more accurate and powerful conversations so I know exactly what you want. That might mean that as we go through a brief, I actually write down the brief. I write down what you say and you agree to it and then everything stays within that brief."

Participant: ...We've done that, and he came back to us and said that we were making a bit of a problem. How ever we approach him it doesn't help.

Gregory: Whatever circumstances you are in reflect where you are. A good example is nursing. If you want to have a dynamic work career, don't be a nurse. In fact, don't work in the public service. The public service isn't about being dynamic generally. There might be one or two isolated little islands of excitement, there are in fact a couple I know. Basically, if you work in the public service you have a commitment to mediocrity and boringness. That's the game.

I was in the public service and I used to go bananas with the stuff that used to go on.

I'd fight about it, I'd rebel against it, I got involved as a State Delegate of the Nurses Union, then I got the point where I saw that it doesn't want to change, and I do, so I left.

Then I created something much more in line with my vision. After a time I'd see the limitations in that and move on to my next vision.

The risk is that you don't yet know how to get the result you want. The risk is to start, not knowing how to get there. We want to have it all worked out before we take the first step. Life doesn't work that way. The risk for you two is to do something with him. If he blows up, you have a choice; either go into hiding again, or say, "Did you enjoy that, can we get on with the discussion?" So let's say he blows up again. When he finishes, say "and that's not helping me get this sorted out." Just stay with it and stay calm.

We had a meeting the other night with a couple who travel the world with their business.

Others first met with them, and came to me and said, "He's lovely, she never shuts up." I had this warning that she never shuts up. So when I met her I just sat there and let her not shut up.

We sat there and sat there and she talked for 45 minutes non stop. I just didn't do anything. I didn't agree or disagree. She got her record played and she had nothing else to say. Then I had a brilliant conversation with her husband. My Marketing Manager was staggered. She said about six sentences in the following hour. Where there's a will there's a way. I didn't know if this was going to work, but I was clear that I was there to have a successful meeting with him.

It could have been that I said, "Hang on, I'm here for a meeting about this and I'm sure what you're saying is interesting, but I'm not here for that. My time is precious, can we stay on the subject." I've said that in meetings. I used to think that that was incredibly offensive, but I don't anymore.

Be willing to take the first step without knowing what the following step is. Keep your eyes on the result. So if the guy blows up, that's not the result you want, so stay with it. "He's blowing up now and the result I want is to have a harmonious solution." Restate the objective, and the

worst that is going to happen is that you are going to find out that you can't come to a satisfactory conclusion. So leave.

One of two things is true. Either the guy wants to maintain chaos, or he wants it to work. You need to find out what he's committed to. If his commitment is to have it work, then you create a partnership to get that result together. If his commitment is to have it stay chaotic, then you need to acknowledge that and see if he's willing to change it. If he's not willing to change it, then what are you doing there?

Also realize that he's unreliable for you, and he may be totally reliable for him. I go to lunch sometimes and come back at five. You need to know what kind of leader he is being and what his ground rules are for the team.

Let me give you an example. There are many ways you can lead and many structures you can work with. The structure that support teams have on The Living Game Seminar is called "Everybody Does What I Say." The commitment to be on support is to do everything that is required, and to have the seminar work, and I determine what that is. I am both in charge of, and responsible for the outcome.

One of the things that would have been powerful for you to say, was, "Ah ha, so that is one of your ground rules." Everything he says is or isn't to happen, is a ground rule. If the ground rules change without you knowing they've changed, that's called creating chaos. What I'm hearing is just chaos, which is pretty typical for the advertising industry. It means that everyone stays very busy and very confused. You need to acknowledge that you are in one of the most chaotic industries in the world.

Do you want to have a structure that is sensible and works efficiently, instead of having a commitment to being safe by keeping everybody else confused?

A common way that people get to stay safe is to keep everybody else unbalanced. It's a major manipulation. If your boss keeps you unbalanced all the time, you'll never get to actually look at him. That's the game and it sucks.

All of this applies exactly to any and all personal relationships, not just work. It's that same sort of chaos, confusion, anger, resentment, feeling devalued, screwed around, missing out and hurt: the whole catastrophe

occurs in personal relationships when one or both people are doing what your boss is doing.

The clearer you are about what you are doing and what your intention is, the more powerful your relationship will be. It's like saying, "Let's build a house here. Everybody do what you think would work." That's some house you are going to build. Ground rules set the structure for action, and define what the action will be and where everyone stands.

For example, in tennis you have a ground rule that says that the ball only gets hit with the racket. In football you have a ground rule that says the ball never gets hit with a racket. We resist ground rules because they limit us. They are limitations, but they provide a structure to work in. You cannot relate anything without a structure.

The structure you have at the moment is called chaos, and you produce it perfectly.

You're masters of chaos. If you want a different result, create a different structure.

Participant: ...After I did The Living Game Seminar, I knew that I had to get out of the job I was in. The reason was because I couldn't get any further and the boss wasn't willing to change. I'd been trying to change things for months and trying to get him to do things in a different way, and I realized it was just a waste of time, and I couldn't take that away from him.

Gregory: That's right, he's entitled to do it his way, even if that is ineffective. Then you've got a choice about it.

Some more work examples. A friend's company did a business seminar with me. He's in product and packaging design. After he did The Living Game Seminar one thing that changed dramatically for him was that some high flyer from America was out in Australia looking for a product design company and they had a meeting. At the end of it the guy said, "Well of course, I like your stuff and I'm looking around and checking out what other people are providing, and I'll get back to you." My friend's response was, "That's fine, because we just don't take anybody either, and we'll be checking you out and we'll get back to you."

The American guy fell through his bum. No one had ever said that to him. Have you ever heard an advertising agency say to the client “We might take you.” It's the same with the printing industry. A lot of those people come from a powerlessness where the client has all the power. When that was turned around, he blew the guy out, and he regained his right to choose who he worked for.

I do that with business clients. I sit down and establish what my ground rules are for working with a company. I'll only work with a company if the top person is going to be involved, not with a company where the leaders aren't involved. I am only willing to work with a company that is committed to excellence, and willing to look at the way they operate and go for improvement.

I had a meeting last week, and the people talked about why they were interested, and I talked about what I provided, then I said, “And I've got a bunch of conditions, this and this and this.” And they said, “Wow!” They loved it because they knew that I know what I am doing and am not going to compromise it. What most people are used to is saying, “Yeah, yeah I'll do that, yeah, yeah, work 24 hours a day, yeah sure.”

A lot of people in advertising have done seminars with me, and I don't know how many of them have said to me, “I had to work three days straight and literally didn't sleep because the client needed something.” I said, “Yeah, you needed something too. It's called sleep. It's called giving it away.”

Sometimes you put yourself into unpleasant situations to realize how much you don't like them. When you've had enough of that, you know that you are not going to take anymore. Then you never create it again.

Participant: ...I seem to always have power games with my boyfriend.

Gregory: At some point we have liked to be told what to do because it then means that we don't have to take responsibility. Daddy or Mummy is looking after us but it gets boring, because when you have a desire or want, and this person who has been telling you what to do for however long says, “no you can't do that.” That's when you start seeing that it doesn't work. They're sitting there saying, “No, no. Do this, do that.” Your response is eventually, “Screw you.” It works until it doesn't.

Every now and then I come across a totally strange relationship game. Have you ever met couples where you say, "And how are you today Mary?" and George says, "She's really good." I say, "That's really interesting, you didn't even move your lips Mary. I didn't know you were a ventriloquist." It's the extreme when you get people answering for their partner.

The extreme version of that is called the Story of 0. It's a great game to play, and if you like it, do it fully. Why mess around? If you are going to be a slave, do it fully and really get the benefit. Don't be a mediocre slave. Be a totally into-it slave. "Take me, use me, have me." And get off on it. "Beat me up, whip me." It's a great game to play once you see that it's the game you're playing and either you want to or you don't want to.

By the way, this is the value of acting out sexual fantasies. Instead of doing it in your life, you can do it as part of your pleasure. Shift it out of "This is how life is," and take it into the bedroom and have someone push you around and tell you what to do, and play it as a game, and then say, "Now the game is finished." To me that is the real power and value of acting out fantasies, because you can express that energy in a playful and pleasurable way.

You know that 98% of women have rape fantasies. I assume they don't want to actually get raped.

To act the fantasy out can be really pleasurable. But to act it out in life generally isn't. The bottom line issue is, "Who owns you?" So when he says, "Right, do this," the only response is, "Don't tell me what to do. Ask." It's fine to ask people to do things. "Would you mind not leaving tea bags in the toilet? Especially the unused ones." I can expand your issue with the tea bags up to the point of showing you you're going to become a millionaire with your business.

Participant: ...I am?

Gregory: Yes, you going to become a millionaire with your business if you want to. By the way she makes the highest quality wind chimes I've ever seen in my life, and sells them for crap. So buy them before I finally get her to put the price up! She sells these wind chimes for \$25 and they should sell for \$130. But that is the point.

Your husband sits there saying, “No, we're not going to merchandise, we're not going to get twenty people to set up a factory, and you're not going to put the tea bags there.” And you decide, “I want this relationship so I'll sacrifice my dreams and let him decide.” The price you pay is, “Who owns you?” You don't. You get to stay small in your life and big in your body.

See that is what your being overweight is about, by the way. First thing is that you've been waiting (weighting) a long time. Secondly, you're a big woman and the only place you get to express it is in your body. It's not in your check book, although that's getting bigger and better. You don't have a big check book or a big account, or a big customer base, or a big factory, or a big say. You don't have a big thing happening.

So the only place that you are allowed to be big is your body. You weren't even allowed to be big with your voice, until recently. You get it? See the minute that you get that you are big, and you are going to have it big, then if he wants to stay little, that's fine, that's his choice. If he wants to do his hippy little craft trick tucked away up in the mountains and spit out two wind chimes a week and get social security payments, and do that for the rest of his life, that's his choice.

He may really love that. Maybe that is the best path in life for him. The thing that you've been getting to see is that it's not what you want to do. You see it's not about where you put the tea bags, that's just the tip of the iceberg. It's about power, and who is going to own it, and who is going to own you, and who's vision wins you. By the way there is no accident that he is quite thin.

Participant: ...There's a terror that I'll crush him.

Gregory: That's not a terror, that's a hope! Given all the fear you've had about getting here, this seminar is about getting your power and owning it in a way that you fully realize that you are never going to give it away again ...and getting your value, and how much you don't like giving it away. The price you pay is ten miles high and the payoff is about 2 inches high. That you've got this guy who hangs around and sticks it in you every now and then, and part of why you hang on to him, is that you are afraid that no one else will choose you. So you get to manifest your fear.