

Do you want to feel
fulfilled, inspired, empowered?



ProFundity

*the workshop that
puts you on track
for finding
solutions*



Answer all your little niggling questions
Find out what you are really looking for



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If you could, what question would you ask your inner wisdom?

Such an enquiry is what we mean by a sincere question; the one for which we would really and truly appreciate an answer, because it is something that has been perplexing us for some time. It is a deeply personal question which is affecting our joy. Do you have one of those?

Life is full of questions let's face it.

- “What shall we have for dinner?” or
- “Are you coming to the footy?” or
- “How many years did you work for that company?”

The good questions are known as open questions. That means that the answer is more than one or two words. They are the rich ones that make you think before you answer. Like

- “Why is it every time I want us to go to the beach, my partner decides it's time to visit a member of the family?” or
- “What was it that made me like my best friend” or
- “What am I looking for in a partner?”

They're good because open ended questions can spark a conversation.

The Sincere Question

Delve deeply to find this one. It can be a huge life altering question or something quite down to earth that keeps you awake. We could ask ourselves “What is missing in my life?” or “What do I most need to know about my very own self right now?” or “I seem to keep worrying about [insert the thing that is worrying you]. How can I free myself from this worry?”

The sincere question is the one that is challenging. It's sincere because it is the one where the answer means a lot to us. It is most likely an open-ended question for sure, and the reason it is a challenge is because we still have it. We've most likely asked it a few times already, but this particular sincere question just hasn't been answered satisfactorily yet.

Many people have a sincere question, that they don't know how to answer. Sometimes sincere questions are so pesky and frustrating that we push them right into the back of our minds. We try to pretend they aren't there. We let ourselves become so distanced from getting that question answered that we don't even know what the impact of that uncertainty can become. It can be the reason we get flustered at times; when we feel our buttons being pushed and are powerless to resist our reactions.

Have you ever felt pushed to such a point of frustration at times? Generally, people have learned to suppress their frustration so that it is not outwardly visible - it is stuffed down somewhere that it can't obviously bother them whilst they get on with life.

Like all of us these are people who care about life, their friends and family, animals, and the planet; and more. The vast majority are kind, considerate loving people. Most lead busy lives and prioritise the demands of their modern lifestyle until it becomes their only concern. There is just no time for regular means of reconnecting with what matters most deeply to them. And we doubt whether anyone would listen anyway.

Distractions Rule us.

Daily pressures seem to be so far away from our deepest wishes that it is as though they're a distant dream. We use our time to do things that keep us occupied and as content as possible. But the fulfillment, the deep aching desire for fulfilment yearns for attention.

Getting some "me" time is compressed into convenient time slots. We allow our probably less-than-fulfilled self some time out at the beauty spa for some r and r. Having a day out with best mates is fun and relaxing but the "me" energy we are longing for dissipates very quickly. The deep frustration that something is missing is still there. Taking an overseas holiday is wonderful, for a week - and then life resumes. We still can't get our teenager to tidy their room; the boss is still ridiculously demanding; we really should get a new car and so it goes.

Could the petty little niggling questions be the forerunners to really finding what matters most to us? Just getting some resolution on the things that irritate us can be

ever so revealing as they become the jumping off point to greater joy. They become a valuable precursor to learning what the sincerest question of all might be. I encourage thinking about the everyday frustrations first and asking how, why, what, where, when or who as a kickstart for that missing joyfulness.

Some examples

- How can I best encourage my teenager to behave in a way that is acceptable to me?
- What strategy can I use to reduce the demands put upon me at work so that I can start to enjoy my work life more?
- When will be the best time to purchase a new car?

Blissed Out?

Admittedly there are some naturally happy people who experience fulfilled lives and want for nothing because they are blissed out. Anyone who has limitless joy is unlikely to have any questions because they are in deep knowledge of who they are and what life is all about. We may learn from such people by asking what is their secret?

The vast majority however would admit that we do not feel authentic bliss and contentment. We only need to take note how people are almost glued to their mobile phone - and ask whether they seem content? Or are they desperately seeking some acknowledgement that their life is meaningful? Invariably they are on social media checking out what their friends or celebrities are doing, thinking, and influencing. The phones are on restaurant tables, by the desk, on the bedside table, in the school bag, handbag, gym bag, nearby the TV. Even the air around us seems to vibrate with a collective sigh that says: "I am starved for something, I can't put my finger on what exactly, and as full as it is, my life actually feels rather lonely. My friends say they are doing great stuff, but I just don't feel as though I am getting what they are from life." Sigh.

It's easy to overlook that one might be checking out a dozen people's posts at the same time. Do we ever wonder what is happening to all those friends who are not posting? For a moment it's easy to assume that everyone else in the whole wide world is enjoying a fuller and more fun filled life. But it is unlikely that their lives are as fulfilled as one's imagination believes.

Do we ever say to ourselves: "I just want to do something so that I can enjoy my life?"

If one wants to get over the hurdles that are bothering us right now or have been bothering us for ages – luck is on our doorstep.

We are in luck because just by acknowledging that we have a sincere question can be enough to get us on the road to discovering the answer. Because that sincere question is essential to one's happiness and well-being, and the sooner you find the answer the better your life will become. Gone will be the hollow desperation that we have all learned to mask so well.

Presenting the Profundity ALIVE Method

It's a workshop to get you back to feeling - living the life you dreamed as a child with authenticity and purpose.

Each workshop follows the five basic ALIVE techniques as outlined below. You will join just three other participants and all work together with a qualified facilitator.

The Entry Level Workshop is called "Detangle My Dilemma". It is presented as a full day session in Brisbane Qld and may soon be available in other locations or as a Zoom Workshop for remote attendees.

The workshops are designed as a friendly, supportive, structured discussion between the participants. The Profundity Method does not take the place of professional wellbeing services, but it does give you the opportunity to:

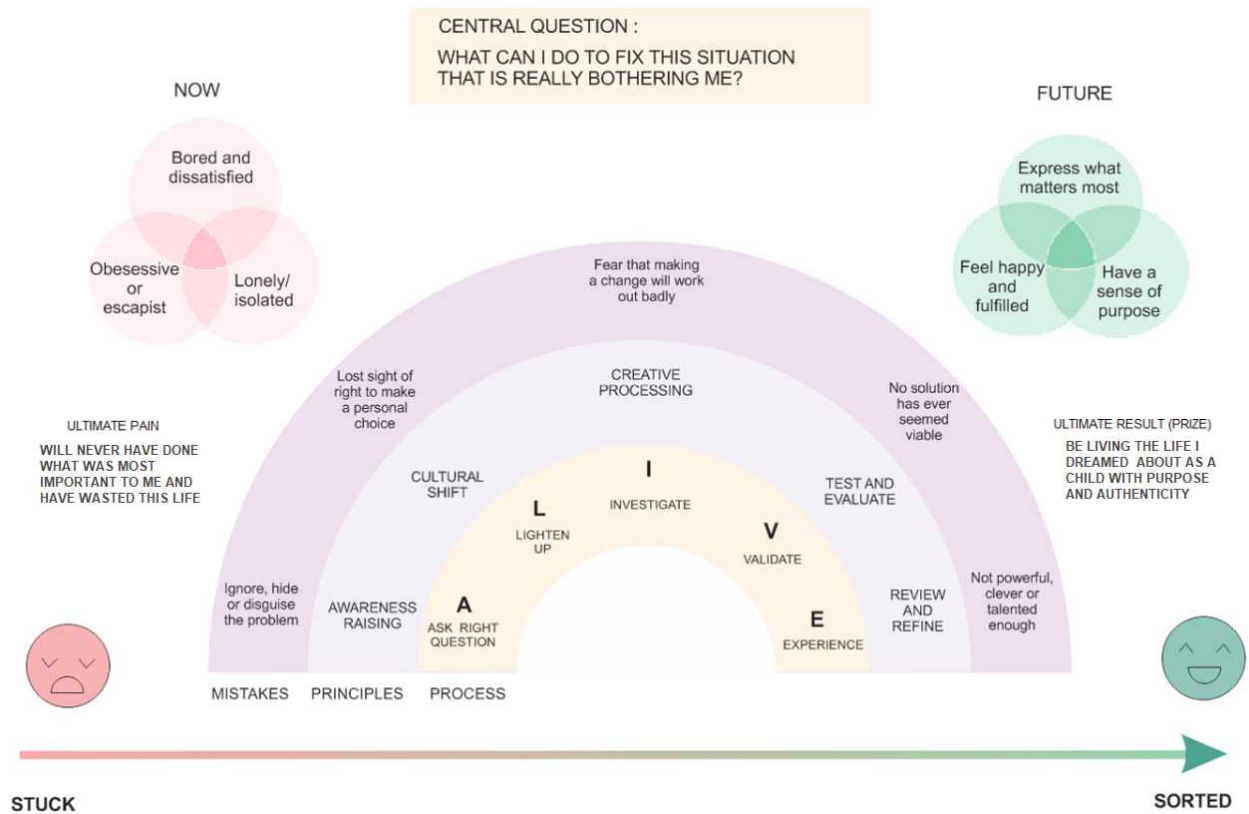
ASK your most pressing question.

LISTEN to the clues from your inner voice using Profundity's unique system.

INTERPRET AND INVESTIGATE each of five valuable clues.

VALIDATE and **V**ERIFY your interpretation for yourself with three sympathetic mentors by your side.

EXPRESS OUT LOUD the answer you have reached.



Ask

Often a problem comes into focus when you can formulate exactly what you want to know. This is a crucial part of the Profundity Method. A good question is one that's 'open' ie one that does not have a yes or no answer. There is even a prepared list of questions that you can use as a stimulus if you're unsure where to start.

There is no limit to the number of workshops you can attend so it might be helpful to spend your first session asking the question:

“What is it that I most need to know right now?”

Formulating your question can also take the form of a topic you would like to explore, and the question then becomes “What can I do to better understand my topic?”

Profundity is about you and only you. If you are having difficulty in a relationship, then ask “What can ‘I’ do to better understand person x?”

You learn a lot about yourself in articulating your crucial question. There is great value in sorting out the minor things from the major ones.

Occasionally some attendees like to ask a trial question that gives them a chance to appraise Profundity before revealing too much of themselves. Any approach here at the ASK step is fine. It is vital that you feel comfortable and protected.

You do need to feel very sure of your question because at every step of the Profundity Method you will go back to your core question. It is the focus of your workshop.

Listen

Before you can listen, it helps to be still, and allow your mind to be open. Too many of us have the habit of “listening to respond” rather than “listening to understand”. Listening to Simple Silence allows the mind to open.

To this end we begin every workshop with a quiet time. It’s an opportunity to centre ourselves and affirm that we will be fully present in the moment whilst the workshop is underway.

We close our eyes and focus on the breath and near sounds to slowly spread our awareness to relax and leave our day to day concerns for now.

We say the words:

Needs have solutions

Solutions exist

Within Infinite Intelligence

This time we now share is for connecting

With Infinite Intelligence

The process starts, and in due course, you reach the time for receiving the first of five clues that will help you to answer the question you asked. You will close your

eyes again so you can focus on listening which revisits the 'stillness' so that you can be truly open when you hear the wisdom of your inner voice.

Investigate

Because the Profundity Method has a unique and deliberately random element, the clues you gather will come in totally surprising and unexpected forms. The first part of the process involves sharing your immediate response to each clue you are given.

Spend a couple of minutes reflecting out loud about your spontaneous response. Let your ideas flow freely.

After a time, you will find yourself investigating scenarios that feel authentic and you will soon gain an understanding about the intent of your inner voice.

Listening too, are your fellow workshop attendees. They are part of your solution and in the next step you can ask for their support or insights.

Whilst this is the most challenging step in the Profundity Method it is also the most rewarding because it puts you wholly in touch with a rarely visited part of your 'self'.

Validate

This part of the process seeks transparency from you as the enquirer. You are encouraged to validate your thoughts by consulting and discussing the clues with your workshop partners.

You will invite them to add a comment, or thought of their own, to expand your understanding.

They have heard your question. They have watched your spontaneous response. They are in a supportive role - of focussing with you, and upon helping you reach an answer. Their inputs come from Infinite Intelligence too.

Hearing and responding to your inner voice, with kind and generous people around

you, is like being in the company of wise sages. The mutual respect factor is transformative for all parties.

Express

You have asked a question. Your inner voice has given you five clues which you have interpreted and validated with your fellow workshop attendees.

The purpose of the workshop is for you to reach an answer.

Now is the time to take in all the information that you have received and allow it to arrange itself into that answer that fits your need. You will say out loud what you have discovered. Your answer now exists. You now know what to do.

There is one more aspect of Profundity's secret sauce that emerges at this final point. The process is designed to assist you in taking your next step by providing guidance and helpful advice to move forward.

This last aspect of the Profundity Method ensures you are in accord with your authentic self. It helps foster trust in your 'self' to relinquish past habits such as people-pleasing or face-saving as can easily happen when we have spent a lifetime doing those things.

Is this for me?

On the next page is a self-appraisal quiz which will give you a good idea whether the Profundity Method might work for you.

Profundity has helped many people reach meaningful answers to their perplexing questions.

If you find yourself feeling positive about any of your choices below, please consider registering to join a workshop.

- My age group is
 - 20- 40
 - 41-60
 - 61 – 79
 - Over 80
-
- I identify as Male | Female

Please circle your best response to the following statements:

1. I would welcome a chance to explore and gain insights into a problem that is worrying me at this moment.

Not relevant | Not interested | It might be worthwhile | It might be fun | Very Interested |

2. I desire to grow into the person I dreamed I would become.

Not relevant | Don't believe it's possible | Not interested | Somewhat interested | Yes |

3. I want to explore and express my life's passion

Not relevant | Not interested | It might be worthwhile | It might be fun | Very Interested |

4. Personal fulfilment matters to me

Not relevant | No | Not much | Maybe/Possibly | Definitely |

5. I would welcome a chance to join a Profundity Workshop that allows me to explore and gain insights into the things that matter to me the most.

Not relevant | Not interested | It might be worthwhile | It might be fun | Very Interested |

About the Quiz

Attending this workshop is for people with courage. It is not unusual to be subject to belief systems or social conditioning.

Here are some obvious obstacles.

- It is common to want to ignore, hide or disguise one's problems.

During the Ask part of the Profundity Method your awareness is raised so you can embrace the problem enough to ask for help.

- Many of us have lost sight of our right to make a personal choice.

A cultural shift needs to occur within, where you regain your self-esteem through quiet reflection. You reaffirm your right to hear your self.

- There is the fear that making a change will work out badly.

There is no guarantee that change will ever work out – well or badly. It is up to you; to stay where you are or take a leap of faith and allow your creativity to make worthwhile changes.

- There is a nagging feeling that no solution has ever seemed viable.

You can test and evaluate what you want to do as part of the Profundity Method. Stick to your purpose, ask your question, and trust in your wisdom.

- It is not unusual to believe we are not powerful, clever, or talented enough.

Self-doubt has a strong grip on many people. It is a mindset. Just as there is the mindset "where there is a will – there is a way". You get to choose.

We do not dismiss such notions. But we are prepared to work with you in overcoming them. Our recognition of these obstacles is clear, and we know very well that transformation is demanding. We offer our greatest respect to those of you who are courageous enough to make a start.

Welcome.

Sincere Questions Matter

Our world is changing

There is a paradigm shift from a world where individualism and success is everything into a world where the success of the global human family and the planet we share, will be the greatest driving force that motivates great men and great women.

**For everyone who is passionate about
“making a difference”
you are invited to register now for
a Profundity Workshop**

SMS me on 0408 437 338 with your name and mobile number and I will call you back in the next 24 hours to discuss anything you need to know about the workshops – the workshops that focus on YOU and what matters to you. Or if you prefer please email me more@profundity.com.au

My name is Lydia “BB” Nielsen. I have lived 68 full and wonderful years and my great joy is helping people find their true purpose. I love beauty, all creative arts, the environment, justice and dignity for all people, and an end to war and poverty.

I designed and created Profundity – a project that started way back in 1985 - and I look forward to enjoying a Profundity workshop with you soon.



ProFundity

www.profundity.com.au

Call now 0408 437 338

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