

*(Transcribed, edited, and adapted  
for a reading audience.)*

Ok, this is going to be my attempt at a generic chat about Daydreaming for Violets.

One of the things that happens to Violets is that they can get scattered and start doing ten things at once, and after that they get overwhelmed, and then they just want to sit there with a year's supply of potato chips and a remote control. And at that point, it's pretty much "Don't even ask me my name!"

All Violets suffer from that, and they think there's something wrong. What it usually is, is that they've lost their vision, or really, lost their faith. They're doing a bunch of stuff they don't want to do, which gets overwhelming, and so they're pushed to a point of paralysis where the only thing left to do is Daydream. Well, that's what Violets do all the time anyway—Daydream.

There's a reason why Violets daydream, which we'll build to here.

Often, when Violets are children they're told not to daydream, or somebody closes their mouth and says "where are

you? You're spacing out. You're not on planet Earth. You need to get real."

Schools need to validate their uselessness by saying you need to learn all this stuff, and when a whole bunch of people believe that, they create the whole world that way. In reality, if school stopped today, the world would be just fine. In fact it'd probably be better. And Violets know that! We can educate ourselves—we're not ignorant people.

So, Violets daydream constantly—they don't even know how much they daydream.

**In order to explain this, we're going to use car-driving examples today.**

Let's say we have some driving instructions on a paper: "Go from where you are, to the signal light, turn right, and park." That's a very easy thing to do. Everybody, for the most part, can remember that.

But if I give that piece of paper to you—a Violet—you'll look at that piece of paper 600 times between here and the stop sign.

Why does somebody who's intelligent and capable need to refer to the instructions that much!? Even a mentally

challenged person will say “I can go to the stop sign, turn around and park—how come you can’t do that?”

Well, it’s because Violets daydream so fast that it feels like hours between each glance at the paper. We’ll drive along, and then go, “ok I’m going to the stop sign. Oh, then what do I do? I got to the stop sign. I gotta turn right. Ok, no, I gotta stop first, then I turn right. Then what do I do? Oh I gotta park....” And we look at that note, and look at that note, and look at that note....

Now, if you didn’t have the note, you’d drive to the stop sign, you’d turn right, and park. Easy. But, there’d be a part of you thinking about it the whole time: “I’m driving to the stop sign, and when I get there, I gotta turn right, then park.” And since you’re occupied, it doesn’t let you daydream.

So when Violets have things in writing, or have it on their list, or have it where they can forget about it and glance over when necessary—well, then they daydream instantly, and constantly. We’ll come back to this idea later.

### **So, why do Violets Daydream?**

Violets daydream to stay Resonant. Violets are very empathic and sensitive, and can feel everyone else’s realities.

Violet/Yellows get this even more, and since many of you reading this are Violet/Yellows, know that you’re even more sensitive.

Violets need to daydream to stay resonant because their empathetic sensitivity lets them understand everyone else’s realities, so they start imitating others’ realities.

For example, if you go to a party, the help in the kitchen wonders what part of Mexico you’re from because you can talk to them like you’re from Mexico, even if you’re a blonde. And if you talk to the people who own the house, they think you live next door. And the same thing happens with everybody in between.

What happens for Violets is, from the day they’re born, they’re the ones who can adjust to everyone else’s reality. Nobody really adjusts for them—they’re always expected to do the adjustment.

### **Think of tuning forks.**

Imagine two tuning forks. One is a C-sharp tuning fork, which we’re going to strike so it’s vibrating. If I pick up any other tuning fork other than another C-sharp and put it next to this vibrating C-sharp, nothing happens. But if I pick up another C-sharp tuning fork, and I put it next to this vibrating C-sharp, it will start

to resonate at the exact same frequency as the other.

This works with guitars too. Take two guitars and face them towards each other, then strum the top string on one, and you'll see the top string on the other start vibrating. Strum the bottom string on one, and the other bottom string starts vibrating. The ones in the middle move a little bit because of the air, but the two that you strummed on the one guitar are making the other two strings on the other guitar vibrate strongly.

There's a term for this—*entrainment*. It's a physics term, a psychotherapeutic term, a music term, an energy term—it's the same idea in each case, and it explains what happens for Violets too...We entrain with others, and they with us—we resonate.

Others often entrain with Violets in leadership positions. Politicians like Martin Luther King, Bill Clinton, Ronald Reagan, and Al Gore, or many rock stars, like the Beatles, are mostly Violets. What happens is, when Violets get into their position of inspiration, people listen to them. People naturally entrain with inspired Violets—Violets who stay in their C-sharp frequency.

Unfortunately, the opposite happens too—it's really easy for Violets to adjust

for their audience or the group they're with. That's because Violets came here to "C-sharp lead, not Be flat", and so they often hang out among B-flats.

When you're at C-sharp, the mountain comes to Mohammed, but as soon as you hang out with B-flats....And B-flats are everywhere! Most people's families, siblings, coworkers, and other normal, average, every-day, sound-asleep Americans—really 98% of people are at that frequency. Just to go shopping you have to be a B-flat to drive in that traffic and deal with their ignorance.

When you spend a fair amount of time at B-flat, guess what starts getting attracted to you in the theory of entrainment? All the B-flats think you're their friend. They think "You're gonna drive like us, you think like us, you're a fucking moron like us."

And of course, deep down, you think "No, I'm not."

So, what happens is the Violet starts daydreaming constantly so that it can feel like C-sharp, because if you *act* like C-sharp around B-flats, they get threatened, they think you're abandoning them, they don't think you *get it*, they think you're being a *primadonna*, they think "who the fuck do you think you are? You don't really understand. You'll

starve to death and nobody will love you”, etc etc...Unless you become a Type-A, money-oriented, “let’s get laid” kinda-person.

Basically, all the B-flats have created an entire validation reality for themselves, and when you’ve abandoned them by starting to act like a C-sharp, they panic. And they do everything they can to sucker you back in.

So, Violets daydream. And because when you’re *feeling* something they don’t see you feeling it, and when you spend enough time feeling a C-sharp experience through daydreaming, you start resonating at C-sharp, and everyone else fades away.

What can sometimes then happen is Violets can become “Shrinking Violets.” Violets hide out. Yellows can also be “Yellow Bellies,” so for those of you who are Yellow/Violets (and a lot of you that’ll be reading this are), Yellow-Violets can not only become Shrinking Violets, they also Yellow Streak. They go “I just want to hide out, I don’t want to go out into the world, and I’m not going to do that”, or “I have a job—I have to go be with the B-flats”, or “I have children”, or “I have a B-flat husband or wife”, or “I have to talk to my B-flat mother-in-law or father-in-law”.

So, what happens is, we need to figure out ways to continually daydream. And so, oddly enough, Violets continually daydream, they just don’t know they do. So, let’s come at this from another angle with another example:

### **Returning a video.**

You and I are going to return a video to the rental store.

Firstly, the video cannot be in the video machine, or we won’t remember it. The video has to be next to your car keys, by your purse, at the door, on the floor, sitting on the stack of things to do. It can’t be on a list! If a list says “Return the video”, you’ll get all the way to the store and back before you finally remember the list. If you go to a store—you never read a list at the store—you forget you have the list. And you come home and go “shit, these are things I was supposed to do.”

All Violets do this, even though they’re very intelligent people. I want to remind those of you reading this—You *are* intelligent! But this area is where you’re really stupid. But it’s actually good for you to be stupid here, even though people will pick on you, because the most important goal is get back into C-sharp so C-sharp things get attracted to you, instead of average B-flat things.

Back to returning the video. You stepped on it, because it's at the door, with the car keys on it so we wouldn't forget it. You're now holding it in your hand. If the phone rings—do not put the video down!—you will talk on the phone, grab your car keys, and get all the way to the video store because it's in your brain, and you will not have the video. In fact you'll rent another one.

So, you ignore the phone, and you get in the car. Now, I'm coming along with you...But I'm still standing outside the car while you're inside. The reason I'm standing outside the car is the passenger seat in a Violet's car is not for people—it's for stuff, and so your passenger seat is full.

Violets do not put things behind them because they can't see it. If you're going to put something behind you, you'll put it behind the passenger's seat so you can kinda look back and see it. Violets never put stuff directly behind them unless there's no other choice, like if there's the dog, the kids, your art equipment or construction tools. Or, you're a Violet & Yellow and you just haven't cleaned your car in two years and there's just no place else to put it but behind you.

But generally, the seat behind a Violet is brand new—that's a good way to tell if a

Violet owned a car, just look at the seat behind the driver. Nothing ever touches it. Nothing ever goes on it. We can't see it—if you toss the video over there, you own it. Until somebody sits on it, and goes “what's this I'm sitting on?” “Oh yeah, it's that video I meant to return two years ago.” You might as well keep it!

So, I'm standing outside, you finally get all that stuff off the passenger seat, and I get to sit down, fasten my seatbelt, and then you hand me the video “Here, hold this. But do not put it in the back—you go in the back long before stuff goes in the back—I need to see it.”

Now, I'm finally sitting down. I'm your passenger, and you're driving. You have a typical American driveway—about two car-lengths long...Within the time it takes to back out those two short car-lengths, you're already glimpsing over to see where we're going. That's why it's in my lap—that's why I put the video on top.

The sternocleidomastoid muscle is the most important muscle in a Violet's body—the muscle that turns the head. “Oh yeah! we're going to return the video.” It's constant. I suppose you'd have to move to England for a while so you can use the muscle on the other

side, otherwise you're gonna be really lopsided.

### **So back to daydreaming.**

When you're out in traffic, having to deal with all the B-flats, the daydreams will start happening to keep bringing you back to C-sharp. Since you're on the way to the video store, maybe this time you start to talk about Robert Redford with me—Bob Redford—since he's in the movie we're returning. And as we're chatting about him, as we drive along, you're daydreaming about Bob Redford in the movie, and about his character, and what he was like in the movie, and maybe what it would be like to be chatting with him too.

This will bring you right back to C-sharp, since you can be yourself with him, and he's authentic. You don't have to worry about whether he's real or not, you don't have to worry about whatever else is happening around you. So you finally get to take a deep breath and think "I feel at peace!" So Violets will take a nice deep breath, talk about Rob Redford [breathe] and Zing! C-sharp!

Ok, next topic of conversation. Off we go, still dealing with traffic, driving with the B-flats, gotta daydream some more....

And it's just over and over and over and over, especially when you step out in the B-flat world. At home it's a little easier—you can daydream a little less, stay on topics more, depending on the level of distractions, starting with how many kids, how many dogs, how many housekeepers, how many husbands, wives, partners, neighbors are around, and how close, how proximal they are—Are you in an apartment, are you separate, how many people come to work on your house....

So the homework for a Violet is, number one, to recognize that it daydreams, remembering that if it forgets to daydream, or doesn't really pay attention to the benefits of it, it will eventually get scattered, do ten things at once, and then get overwhelmed. But the fun part about being overwhelmed is the only thing left to do is daydream. So it forces you right back into it. For most people, getting overwhelmed is when you blow your fuse, but you don't do this—daydreaming prevents overwhelm for Violets.

By the way, this doesn't solve it the way the system says to solve it. You don't come up with a plan, you don't think or worry...How many of you out there have solved it by sitting on a toilet, or in the bathtub? It's when you finally get in

that daydream spot that you get back into resonance.

### **Following your gut.**

So, we're driving along, we're talking about Bob Redford, and everything's fine in the world, and one of two things happens—You look at the video, you look in the rear-view mirror, and go “Oh shit.”

“Did we just miss our exit?”

“Oh yes we did.”

We were so busy talking about Bob Redford that I spaced out. And by the way it isn't a mile behind us—there it is. But there's the wall, so we can't take the exit.

So, all Violets have built into them—and this is the most important part of this chat, why we daydream, why we stay resonant—Violets have built into them a feeling in their solar plexus. Other people get some inklings of it, but Violets live by it. And it says “Wake up!” “You forgot that you put the tea kettle on.”

“You're supposed to call Johnny now.”

“Oh shit, you're late for that class.”

It will remind you. The number of things a Violet should have been late for, missed, or forgotten when all of a sudden your whole solar plexus goes “Git! Wake up!”

So, it wakes you up...But what use is that? It should have woke me up a couple blocks ago so I could take this exit. Well if you look in the rear-view mirror, you see there was no way to get through all that traffic. And so it woke you up so that you could take the frontage road.

By the way, while the Violet's driving, if this whole wake up solar plexus daydream thing happens, does that mean you were asleep at the wheel? Who's driving the car? How is it that I even got here? Violets, when they drive, don't remember how they got to places. They don't remember how many stop signs they went through. Every town has that five-way stop thing that nobody does really well—we don't know if we killed anybody. I don't remember going through it! I know I had to go through it to get where I was going, but nobody does those right, so you have to pay more attention. But I don't remember paying attention. I just went right through it!

So with Violets, it's important to know for this metaphor, that while you're living your life, there is a part of you paying attention to more things than you imagine. While you're driving your car, there obviously is a part paying more attention, or you would have been in fifty million accidents.

Think about it—you're daydreaming, and your mind goes off, and we're talking about Bob Redford, and you don't even notice. If I ask you how many cars were around us at that moment—"I don't know. I didn't even know I was in a car until you reminded me, and I'm driving!"

### **The Steering Wheel of Life.**

So, number two—we're driving along, we're talking about Bob Redford, and you go "Oh shit!" Oh shit number two is, did we just get the 30-second warning? Why, yes we did. I've got 30 seconds from this moment, when I wasn't paying attention and I don't know what's around me, to get from here into that lane to take that exit.

By the way, you *do* know what's around you. The thing about this part of you that says "Wake up"—it only wakes you up, when you're driving, if it's already safe to go. There's that other part of you that knew it's clear, otherwise it would give you the "you'd better take the next opening" reminder.

I call this metaphor The Steering Wheel of Life. And when it says to do something, you grab the steering wheel, you go, and you don't question it. When it hits you in the solar plexus, you don't

have a choice. Now, you *think* you have a choice, and those who ignore it wish they didn't, because now you've missed the bus.

So, back to the exit in the story...We're going along, get a "wake up!" and you go "Oh shit I have 30 seconds! Rob, you know, it's not safe, I was so busy talking about Bob Redford with you, I'd better take that frontage road like I took last week."

And I'll say "don't do it!" If in fact you get the 30 second warning, then that's it—don't even look—grab the steering wheel and go.

"But I'm gonna kill somebody!"

...What, you don't think you already knew where the cars were around you? You've been looking, you just don't remember you've been looking. It fits in with the feeling.

"I'll just take the frontage road instead—it's just not safe."

Well, everybody's that has Violet has had this—go ahead and don't listen to your intuition...That frontage road is now closed for repairs. Oh, by the way, you've now hit the ass-end of rush-hour traffic. You will sit there for two hours, watching everybody in the rear-view mirror take the exit you should have taken and known you should have taken.



**Logic doesn't always apply.**

When Violets are driving—and I'm gonna keep using driving metaphors today, so sorry New York friends—so you're driving along, and we've got a map, and you need to go to 35 East, and the exit's coming up, so my gut says "Wake up! 35 East is coming!" So in 6 seconds there's the sign—if I go this way it's Hillsborough and if I go that way it's Greenburg...But there's not a hint as to which is 35 East, or 35 West.

Now, since I'm driving North, logic would say the arrow to the right would take me East, but my intuition says take the other one. I have 6 seconds to decide what's right. My whole being says it, but logic says take the right one. Well, ok, so I won't listen to myself and I'll take the right one...And it curls around, loops under the highway and takes me West. And there's no way to turn around for 20 minutes.

So, these little fuckups in life for Violets, where they "should" on themselves—"I should have listened" to this or that—they're here to help us understand that feeling, so when you make quantum leaps, and as you get older and wiser—big decisions—you do it by your solar plexus.

They're totally unexplainable to other people. Whether you're a corporate executive, whether you're supposed to be the good mom, or the good dad, or the good husband, or wife, or the good employee or the good employer...When it says "Do this", you don't get a choice—or, you do have a choice, but you should hopefully know by now that it's not a good idea to ignore your intuition.

In the Steering Wheel of Life, when it says grab it and go, you do it. These little examples we're giving are physical, material examples...If you miss the bus, it does come around again. Sometimes it takes 20 years. Some people, some of you have already missed the bus. And 20 years later you may get another chance. Many people that have Violet have done something against their intuition, but you get other chances, it just takes a little while. You'll be a little older and grayer, and you can't move quite as fast because things ache, but you can do it the next time!

**Daydreaming is here to help you make better decisions.**

So in this example—the Violet's daydreaming is so you can stay resonant, so that you can recognize when you're in C-sharp, and you can feel that feeling and make better decisions. It's not

logic—it's knowingness. Violets know what they know, and have known what they've known since an early age. Usually by the time you're five you're older than everyone else you know.

Everyone else is busy trying to tell you how to think—that school's important, that you need to get good grades, and blah blah blah blah blah. What was Ronald Reagan's grade point average before he became an actor? What was Martin Luther King's? He was Doctor King, so he must have gotten good grades—does anybody know? Maybe he was a D student and he still became Dr. King and he's "D for Dummy". Everybody assumes that whoever has graduated and is a leader must all be straight-A students. But you only get one valedictorian, the rest are stupid [laughter].

So the homework for Violets is to daydream. It's to give themselves that opportunity, and that's why we pile things the way we do, why we look at the seat next to us so often. And the Violet's number one job is to stay resonant, and know that, yes, we do adjust to everybody. Yes, we play at their different frequencies, but you've got to come home. You've got to come back, since if you stay at B-flat for too long, you will attract B-flats to you, and you will get

down on yourself, or depressed, or angry.

And if you try to act like a C-sharp around the B-flats, since the majority of people here are B-flats, they will tell you how wrong you are and how right they are, and statistically, they are correct. They are right, because the majority rules. But you know what? They have the right to be right about being wrong. And I totally support them in that.

### **And just as a little addendum about grocery stores here at the end....**

Why is it that for all of us Violets, because of how we resonate and how we can accommodate, that we're always the ones in the grocery store behind the asshole? They're never in the row next to us, they're never behind us, they're always in front of us. And by the way, if there are two or more Violets in the store, it's guaranteed there are two or more assholes there. And they will do their thing right in front of every Violet.

The thing is, we won't even notice the one assigned to the other Violet—they won't act stupid 'til we've left the store or are in another part of the store. And, so, while they're busy being jerks, Violets' number one job is to bring things back into resonance. So as soon as the jerk leaves, we look at the clerk

and talk to them like a regular person. You don't have to fix it or make fun of the idiot that just left, it's just about doing it differently, and bringing it back.

This is just one more little example of how we're being asked to stay in resonance and stay in inspiration and say "the emperor has no clothes", and to figure that out for ourselves.

Now, more than ever, Violets need to stay in resonance—there's so much propaganda out there about why you should be afraid, and why you should be a B-flat, and why you should get caught up in all the B-flats' little arguments about stupid shit. And so the bottom line is, if you want to argue all the stupid stuff with the B-flat, have fun, but remember—you're going down to be a B-flat—they're not coming up to be a C-sharp.

Not happening.