

# Adventure Cabaret

## Invite an Insight

**Screen:** Invite an Insight

**MC:** It's time for an exciting new segment called "Invite an Insight!" But first, a rather personal question for all of you. Ready?

In the next month, what truly deep, important insights are you planning to have? You sir, right there in the front row. What profoundly productive insights are you planning to have during the next month or so?

*The audience member will probably shrug or get confused. If they happen to have a saucy answer, it's time for some nimble improv that may change the paragraph below.*

What? You're *not sure*? But this is *your life*! How can you be unsure about something as crucial as having profoundly productive insights that will change your life and the lives of all those who come into contact with you for the better? Egad, man. We need better than this.

*Pause.*

How many other people here are not at all sure about what profound, beautiful and positively transformative insights they will have during the next month?

*Many hands go up, reluctantly.*

O...M...G. This is *terrible*! We gotta fix this!

Ok, so here's what we're going to do. We're going to make sure that we all have at least one wonderful insight in the next thirty days, guaranteed. Here's how it works. We're going to send a message into the awesome depths of our unconscious, that vast ocean containing all of our experiences, even the many we have completely forgotten, and we are going to ask that vast ocean of wisdom for a deep, powerful insight that will help us in our

lives. Our unconscious will receive the request, consider the matter deeply, and then, in its own time and in its own way, deliver that wonderful insight to us.

Whatever the insight you have during the next month, it will be absolutely yours, and no one else's. It may be about a relationship, or your career, or a way you need to change, or a new way of understanding your past, or about society and your part in it, or about anything else. After all, it's your unconscious, and no one else's.

But here's the catch. In all likelihood, the insight will arrive in a form you are not expecting, so you must not just remain alert, but be ready to recognize the insight no matter the form in which it is delivered to you.

You may walking along at a brisk pace, and all of a sudden you stop, and you don't really know why. Is that the insight beginning to arrive?

You could be having a conversation with someone you talk with all the time, and all of a sudden you are intensely irritated by the way they talk. That could be the insight, pushing toward the surface.

Or maybe you're just taking a shower, and suddenly you feel like your whole body is glowing with a cosmic light. Yep, that's almost certainly your unconscious delivering the message.

So let's close our eyes, be very still, and ask that vast ocean of our unconscious to do this wonderful service for us of providing a deep insight, some time during the next thirty days.

Close your eyes. Shut out all distractions. Focus your mind. Greet your unconscious lovingly, because after all, it is you.

Now ask it for that insight. Ask it with complete sincerity, and the fullness of your heart. You can even ask it for an insight in a particular area of your life, and it will absolutely understand and respond, but in its its own time, and in its own way. Ask again. Ask one last time.

*Pause.*

All right, now open your eyes. Here we all are, once again. But this time all of us are about to be changed, some time in the next thirty days.

Thank you.