
THE GOLDEN PATH LIBRARY

- 2026 -

80/20

Returning to Center



*The only relationship that will remain with you for your entire life is the relationship
with yourself.*



Introduction

Most of us were never taught to prioritize that relationship. We were taught to prioritize harmony, performance, belonging, usefulness, desirability. We were conditioned to outsource our meaning, our worth, and our sense of safety to others.

It interrupts the habit of outsourcing your attention, safety, and regulation to the external world, and gently gathers your energy and resources back into yourself.

By consciously returning 80% of your attention to your body, breath, and inner state — while offering 20% as high-quality presence to the moment or the person in front of you — the relational field within and around you begins to shift.

From that seat, your responses become clearer, your discernment steadier, your boundaries cleaner, your connections more mutual and authentic.

Your choices begin to align with the shape of your heart.

The culture of care expands — first and foremost into the most enduring relationship you will ever have... the one with yourself.



Practice

Carrying 80–20 Into Your Week

You've now practiced 80/20 in a supported environment on our main program call.

This week, the invitation is simple: Notice.

There is no requirement to be perfect or consistent. We're just practicing and being curious with what we discover. Does it really work? Well let's see. You be the judge.

Inquiries To Play With (what do you notice):

In Social Moments

- ◆ Where is my attention right now – mostly outward or mostly inward?
 - ◆ What happens in my body when I return 80% inward?
 - ◆ Can I offer 20% high-quality presence and stay connected to the conversation/person - do I disassociate or become “lost, numb, etc”
 - ◆ What shifts in the relational field when I return 80% of my resources to myself while offering high quality 20% to other?
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When Activated

- ◆ Before responding, can I gather 80% of my attention back into my body?
 - ◆ What becomes clearer when I return to self first?
 - ◆ Does my response feel cleaner? Less urgent? Less defensive?
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When Planning or Problem-Solving

- ◆ Am I projecting myself into the future? Future response of myself, another, etc.
- ◆ Can I bring 80% of my attention back to this moment before deciding, planning, responding?
- ◆ What changes when I plan from 80% inward presence - do my choices feel different, wider, more inspired, softer in my system, or?



When Overwhelmed

- ◆ What would it look like to prioritize resourcing myself first with my own attention - not as another thing to do..but as a way to bring spaciousness into my being and vision?
- ◆ What is actually mine to hold at this moment, right now?
- ◆ What softens when I loosen my grip and open my hand for what else might be available in this moment?

Subtler Observations:

You may notice:

- ◆ Conversations feel less charged.
- ◆ You feel less responsible for managing others' emotions.
- ◆ Others regulate more easily around you.
- ◆ You experience more spaciousness in your own nervous system.
- ◆ You speak more slowly.
- ◆ You interrupt less.
- ◆ You defend less.
- ◆ You soften without collapsing, fighting, freezing, etc.

Or...

You may notice resistance.

- ◆ It feels uncomfortable to give less outward attention. (I feel disassociated, checked out, selfish, etc)
- ◆ You feel the impulse to over-function in other areas when your resources return to you (let me get all these to-do items done)
- ◆ You feel if you really return your resources to yourself, that you'll "stop caring" and not "do anything" or lose relationships/closeness, etc. Be curious about that.

All of this is data. We're simply noticing for now: being curious and practicing in different areas of our life.



A Simple Daily Anchor

Once a day, ask yourself:

Where is my attention right now? If I were to make a shift in my resources, how might I embody that right now?

And then just gently return to your seat. Again and again.

Takeaways from Sunday, March 1st

1. 80/20 is an energetic and somatic experience of gathering your resources back into yourself.

It is not a tracking exercise.

It is not a defense mechanism.

It is not an escape hatch.

If you find yourself leveraging this practice to pull away, withdraw, punish, checking in/ out, create distance, shut down, gaslight yourself or others, etc...be curious about that. That begins to look like survival strategies redressing themselves and showing up for the party.

80/20 is a return to the self while remaining (or even increasing the quality of) your contact/intimacy/attention with “the other.”

To physically feel 80/20 - try leaning your energy into the back channel of your being. Back of the brain, throat, heart, lungs and so on. Run the breath (like a massage of care/attention) up and down the back channel of your being while “in your seat” and present to the other.

2. When practicing 80/20, you may come into contact with both highly pleasant and highly uncomfortable feelings as you return your resources to yourself.

This may look like relief, joy, expansiveness, connection to something greater, empowerment, openness, attunement.

You may also encounter separation, loneliness, righteousness, a “better than” quality, judgment, shame, fear.

Be particularly curious about the latter. Again, are these subtle survival postures reorganizing themselves?



3. There were three ways to play with 80/20 that were invited on the call today

Simple Inner / Outer Attention:

80% of your attention within. 20% outward.

Within a Larger Field:

80% of your attention and resources with yourself.

20% with the family constellation, friend group, meeting, facilitation, etc.

Within Your Inner Landscape:

80% of your awareness toward the part of you that is wise, knowing, complete, enough, divine.

20% of your high-quality attention to whatever else is moving – insecurity, anger, resentment, wobbliness, fear.

This allows your nervous system to tether to something stable and true while other emotions are felt and experienced.

80/20 is not about becoming less available. It is about becoming more available to yourself – and from there, more true, real, available, clear and present to other. Less grasping, reaching, trying. More More, I am enough, divine, curious, available.

It is safe to feel this. xx

