

# Restart Your Engines

*CODApolis Conference*

*July, 08*

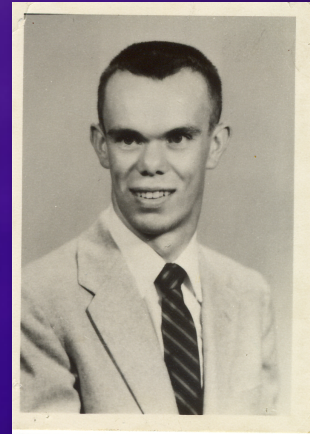
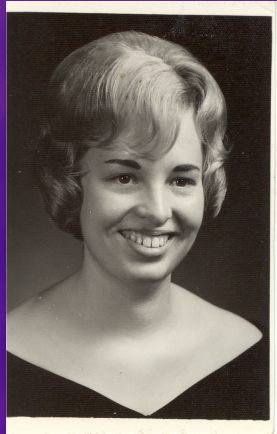
*Indianapolis, IN*

*Bert Pickell*

# Restart Your Engines

- *On occasions when an accident or rain has halted the race, a second command has typically been given. years include 1967, 1973, 1982, 1986, 1997, 2004, 2007. The amended command, "gentlemen, restart your engines," has usually been used.*

# Mom and Dad



# Davin and Elizabeth



# Kim and Bert



# My CODA Journey

- *Growing up*
- *Hearing life*
- *Breaking virginity*
- *Inspiration*
- *Reinspiration*

# Argentina



What is a CODA?



# What is a CODA

*What does being a CODA mean?*

*How are we all connected?*

*Why do we feel like this is home?*

# Lessons Learned

- *Following maps*
- *We are what we do*
- *Statute of limitations has run out on most of our childhood traumas*
- *Be bold and mighty forces will come to your aid*
- *The most secure prisons are those we construct ourselves*
- *Happiness is the ultimate risk*

# Pearls of Wisdom

*This faith comes as a result of letting go of the old and making room for the new, specifically making the choices... taking the very real steps to cut ties with the things that do not fit or hold you apart from that which you want to create. Whether it is an current job, current friends, current thinking, or current material things...*

# Pearls of Wisdom (continued)

*deep down we know what needs to be released. And that by letting go, we create the very space that will house our new vision for ourselves. Often times, we don't empower ourselves to make those decisions because of our fears, or how irrational others may think it is. We run marathons carrying this baggage without seeing that the shortest distance to peace and faith and clarity is on the "enlightened" path of our own truth. Best of all.. this joyful path always leads home. <http://manifest1111.com/>*