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Title Fear: The Opposite of Self-Control

Greetings! How are you all doing today? I am doing well. And I'm here for another exciting topic, as usual [laughter]. At least it's exciting to me, right, because these are little things that I find in my life and in the life of those around me, who I work with, blah, blah, blah. Hey, I figure it's got to apply to more people, right?

So I wanted to title today's podcast Fear Makes You Stupid [laughter]. And I thought there's got to be a better title than that, right? But it's just getting to the point. And the point is, fear makes you stupid. Fear makes you act in ways that are actually against you, that most people will say, "I want love, and peace, and happiness." When you make fearful decisions, it never comes from there. When you make decisions to separate, build a wall, any of that, you are basically in fear. That's not a loving place. That's not a connecting place. And that's the truth whether it's inside of you or outside of you.

And a lot of times the fear we try to take care of it outside of us. We don't even try inside. We just want to avoid the feelings inside. And I watch this all the time. And I see it in my own life. I see it in other people's lives. I see it on a global scale. I mean, you can take whatever's going on inside of you and apply it on the universal scale, let's say, or on the smallest, teeniest, tiniest, pin dot of a problem. You can apply it everywhere because fear runs rampant.

A lot of leaders rule with fear. And if you notice, the ones that don't rule with fear, they become martyrs of sorts, right? Not on purpose, but that's where people start placing them because it seems to be such a rarity for somebody to come from that place rather than to make their choices from fear. And fear will keep us stuck right where we are forever [laughter]. I wanted to slow down every syllable of that statement [laughter] because fear in your personal life will keep you running in circles it will keep your brain going trying to figure out things it's not even meant to figure out, really.

We have given our brain a job and that job is to control everything around us so that we don't have to feel the fear, or our fear doesn't come true, or we don't have fucked-up feelings. And everything has to do with being attached to something or someone else. And the only time fear is good is, obviously, if you're in physical danger or you want to learn a lesson [laughter]. And not that everybody's raising their hand and going, "Yeah, I want to learn a lesson. Please let me feel fear and the pain that goes with fear," because there's always pain with fear, right? Fear doesn't bring up feelings of love, or happiness, or peace. It brings up unrest. It brings up anxiety. It brings up urgency. It brings up a feeling of wanting to get out of your own body, right?

Fear, we think - and I'm saying think - that it's supposed to be resolved outside of us, and it's not. It's not. Now, you may take actions that do affect your life outside of you, but that's not the solution. That's not the solution to fear it's like when society wants to make more rules, that's never the solution, ever. The more rules you make, the more rules you make. And you do this in your own life if you notice you have certain rules and then something happens and you go, "Oh, I better add more rules." It never ends. You just keep making rules instead of dealing with what's actually at the core of what's going on with you. And we do this, like I said, in our society. We just keep making more fucking rules. And I'm not saying, "Hey, everybody should run crazy." That's not what I'm saying. But if you

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actually start taking care of yourself you realize you don't need other people's rules. You realize that you can trust yourself, and you trust the universe, and you trust life, and you exist. And you exist feeling good. Huge difference.

I guarantee every single day you make a decision from fear, every day. It may be one decision, it may be hundreds of decisions, small ones, big ones, they're always there. And what fear is teaching us is you're staying a victim, and either you want to get the hell out of that position or you want to stay a victim. Because fear says, "I'm a victim." Fear says, "I have no control over my own feelings [laughter]." Yeah, it's all about the feelings, right? Oh my God. I know. Trust me, I know.

I was sitting there on my couch last night and I was-- I don't remember what it was, because once I go through something it's kind of fuzzy as to what was the original impetus unless I write it down. And I love when I write it down because then I share it. Anyways, I didn't. So I was sitting there and I just remember this ball of energy that was in my root chakra. And that's the best way I can describe it. But it was so uncomfortable, and it was being pulled on by a feeling coming outside of me, which isn't really true but that's just the kind of feeling it was, and I didn't-- I tried to sit with it and I kept thinking, "Oh my God I'm going to die if I have to feel this feeling," right? Because that's what we do we get, "Oh, I don't want to feel that. I might throw up. I might choke. I might stop breathing." But literally, it was this feeling of, "I'm going to die if I keep feeling this." It was so damn uncomfortable.

And every time I felt into it-- it took me like three tries to sit with it and let it do what it did. And I could feel it rotating, and it was [laughter] all I could do was to breathe through it and release it because then it came up and out. That is what I remember. And it was just the funkiest feeling. Anyway, I felt lighter. I felt better. And the thing that it was attached to seems to have sort of gone on its way, right? And that's an example of my attempts, right, when I was going to walk away and not feel that feeling because it was just so fucking ridiculous and it was so over the top.

And I just thought, "I don't want to feel this," but I knew I had to go back to it because if I didn't, it would rule my life. And it would rule my life from a place of fear, from a place of being stuck, from a place of being attached to something or someone, right? Because a lot of times you have fears, and they're not just attached to one thing. They're attached to things outside of you, they're attached to beliefs inside of you, they're attached everywhere. And usually fear has partners, right? Oh, it's just that I don't have a fear of loss, I also have a fear of feeling my feelings, and I have a fear of being found out, or I have a fear of being misunderstood, or whatever your combo is, and there's a shit-ton of them, right?

But back to being a victim. We stay a victim and we're being victimized, because that's what fear does. Fear is never about feeling good. I want to pound that in. Fear is never about feeling good. You can numb out and tell yourself you feel okay, and that you're really not in fear. I was a really good compartmentalizer. Oh, my God, I did that my whole life, because I didn't realize until I was walking recently. I had an epiphany and I saw myself throughout my whole life, how when I was a little kid I was so sensitive that anytime there was pain or something. I mean I lived in a constant state of anxiety.

They tried to figure out what the hell was wrong with me because I had all these stomach aches as a kid, and they couldn't pinpoint it. I had anxiety, right? And anyway, I felt unsafe all the time. But my point is, I had this epiphany of seeing how I hid, ran, or avoided fear. I'd be out the door. I literally out the door, physically out the door. I just wanted to run free. Okay? And so that fear would come up, and walls would come up, and rules, and avoidance, and all of the shit I talk about, right? And I could just see it as this big ball of crap going, "Oh my God, what would my life have been like had that not ruled me? How would it have been had I not played so small?"

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And there's times I haven't played small. There's certain things about me like I'm a risk taker. I am by nature total risk taker except emotionally [laughter]. And what I mean by that is, I used to make all sorts of decisions like, "Yeah and I would just get that whole adrenaline high from making bad decisions [laughter]. And then I would have to pay for it later. Yeah. I used to be very spontaneous, very impetuous, very "Sure let me do that, sure let me do that."

But it was a way of-- it's like when I've talked about how sex physically, that intimacy, when you don't have emotional intimacy that takes care of it kind of, sort of, but not really? It's the same thing when you do a lot of physical risks, or I'll take business risks or something like that - or at least I used to - take crazy-ass risks. And if somebody dared me to do something I'd usually do it, just because. But that didn't mean the emotion-- the emotion was cut off and stuck in a drawer somewhere, and I really didn't want to deal with that. So I put my energy into these places. And a lot of it had to do with controlling the outer world but at the same time not thinking I was a control freak, right? And also thinking that [laughter]-- it's so funny.

Whenever I hear somebody say, "I'm easy-going," I'm like, "You are full of shit. No." Because most people live in fear if you're not a control freak, you are not living in fear. You're not afraid of any emotional situation. You're not afraid of being triggered. But most of us stay a victim because fear does that. And to get through that fear that's inside of us, we have to really deal with ourselves to live the life that we want. And as I've repeated I don't know how many times - and I don't know why I always use this image - but your fairy godmother isn't coming. Your fairy godmother cannot come at all because you have a wall up. How is your fairy godmother going to get through that wall? Your fairy godmother can't. She hits her head on it every time and then she says, "Fuck it. I'm out of here."

There's a wall. This person doesn't want to do anything. They're quite comfortable where they are because they live behind their walls. They don't really want to get out. They don't want to have a door built in their wall or blow up the wall. They're comfortable there, so why do they keep calling for me? They don't really want me. They kind of do, but then they have this fricking wall." Great visual [laughter], right your life is the way it is because of you. Your life is not the way it is because of someone else. It's the decisions you've made, and if they've been from fear that's pretty much not laying a positive foundation. That's saying, "Hey, life. I don't trust you." And again, even if your fairy godmother showed up, you wouldn't believe she's your fairy godmother. You'd question it. You'd be like, "Yeah. You're not my fairy godmother. You've got to show me. Prove it [laughter]." Right? Oh, my God [laughter]. Because I guess there could be a fairy godmother if you want to call it the universe. If you were allowing, if you were in abundance, if you were not hiding behind some fucking wall, then I guess your fairy godmother could show up. Because you'd be in alignment with the fairy godmother, right? It just wouldn't look like you think it would, because fear limits our perspective.

It's this teeny tiny little pinhole like you're looking through something the size of your finger to see your whole life and to see your possibilities. And that is why your life will stay the way it is until you do something about it. And I say this from a place of self-responsibility because it really is about that and it is to recognize it as an adult because as a kid who had a freaking clue. I've said this so many times with all the influence the conditioning and your basic personality.

If you're like me which I'm assuming a lot of people that listen to this, and this is just an assumption that I'm saying right now, but that there's a lot of people who listen that are pretty sensitize people and have had to build huge walls to survive at a young age, and there's nothing wrong with that. Don't make yourself wrong and don't make yourself bad. And please don't ever use my podcasts that I do in a way to kick your own ass because this isn't about that, that doesn't serve a purpose. All that does is distract you from blowing up your freaking walls, it distracts you from forgiving yourself, releasing yourself from some idea that you still have to survive or you still have to protect yourself and realize as an adult that you can handle things that you couldn't as a kid it really is a lot of the walls that

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we built were because we were little children who couldn't handle certain emotions that we were feeling based on events in our environment. And so what that meant is there is no safe place, right?

If your parents were inconsistent, or maybe they were overprotective, or overwhelming, or something like that, or they were dysfunctional. They were abusive. Whatever that happens to be, the thing is that you had to survive that overwhelming event or events, and that is why you developed what you did. And you distanced yourself emotionally because you didn't want to feel pain, so you wanted to be numb. And when you did that, you brought it forward to adulthood. So, any time there's anything that remotely looks like it's going in the direction of that pain that you have a wall around, because there's pain inside of you, right, because you have these painful beliefs, and there's pain attached to these negative beliefs. I'm not good enough. I'm not worthy, blah, blah, blah.

So, any time in life since then that something comes up that's evidence, and I've got air quotes going on, evidence that that belief is true that you're shitty in some way, then fear comes up because oh my God, it's being proven true. Oh my God, I suck, Oh my God, right? And all the pain starts to come, and then all you're trying to do is pull that wall up higher and higher. And that's what we do instead of dealing with what's already there, allowing it to get triggered, and letting it go.

Instead, we keep building taller walls, and we make smaller lives. We say no all the time. We huddle inside of our house, our bedroom. Maybe we go to work, we come home, and that's it, or we'll be around people for short periods of time, socially, but we're not hanging out, and we're not going to allow ourselves to get out of situations that are painful. We're going to stay in the pain we know.

If you're in an attached situation and you stay there, and you don't do anything about it, you're never, ever, ever, ever, ever going to do that. In other words, it's not like you're going to wake up one day and go oh my God, I'm free. It doesn't work that way. You really have to challenge your walls. You have to challenge your pain. You have to challenge your fear. It isn't about the other people. It's about you.

So, as adults coming from this place, we can actually handle these feelings. Like I was saying last night, when I was feeling that feeling, I realized I can handle that's not going to kill me, but there was a part of me that thought it was going to freaking kill me, and that had to be a very old part of me. That had to be the little kid me. And that little kid deserves love, love from you, love from yourself. When you're full of love, you attract it, more of it comes. It really is true. It's interesting to watch, and it's the same thing.

I was telling one of my client's recently. I said money is easier than love. It's either love or money. That's their big issue in life, and I said money is easier to come by than love because you don't have to have emotional intimacy with money [laughter]. You (and I'm talking from an abundance standpoint), you don't have to be full frontal with money, but you do with love, right? Because you don't need to have walls, or you're not really practicing love. You're practicing some kind of birdseed form of it, right?

So as an adult, like I said, you can handle it, because we can practice self-awareness, we can practice self-responsibility, and we can step into fear, like I said, walking right into that ring of fire and let it change our lives. See what happens. I work with some clients who put on their fire retardant clothing and they walk into their circle of fire, and then I have others who keep repeating the same cycle of fear because fear is so big to them. I have a client who's wallowing in it, who wallows in her fear, right?

And I talk to people all the time who are wallowing in their fear. It's almost like they don't want to let go of it because it's like a comfortable blanket and it's like, "Oh, no, no, no. I need to suffer. I need to stay right here and suffer because it's what I know, it's how I live." Actually not live, how I survive. "It's how I survive. And I've got to

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stay under the covers and I've got to stay right here because at least I know it. It's known to me. So, if it's known to me, then even though I have a fear-- because if I get out of my bed or out from under the covers I'm going to find I've got to live life. And if it's anything new, I'm probably not going to want to live it because that's going to scare the shit out of me because it's unpredictable, it's unknown, so I better make it known.

And so we go barreling through life with these fears leading us, trying to make whatever's unfamiliar familiar from a space of fear rather than a space of wonder, a space of being free, a space of trusting life and trusting ourselves. And that's the problem because there's no trust and there's no good, and I mean this, no good feeling when you come from fear. There's a fake sort of thing that comes on, like let's say you meet somebody. You're desperate. You're lonely. You want to have a companion, and you meet somebody. Those are not places that are from love. Those are places from fear, right? And perhaps that other person's going to match you there, so you don't really get to feel good. You get to feel some semblance of, maybe, stability or maybe somebody gets you and you get them, but that doesn't mean it's good, in terms of really good. Yeah. And I'm not knocking. Hey, you know what? You may have some positive feelings here and there, but it's not the good I'm talking about. Because the good I'm talking about is this huge trust. It's this huge feeling you are taken care of.

Sometimes in describing feelings, it's so esoteric that it's difficult to give words to a feeling, right? And I'm using all these words, but it's this-- not that your floating because you're really grounded, and you're in reality. It's like every molecule in your body is alive, every cell is alive. And sometimes people think that when they have that, "Woo! I'm in love. I'm in love." That's different. That's like a heightened sort of focus on the object of your desire, right? Because you're looking at them as the solution to your problem.

And I'm not saying that you can fall in love and that's a bad thing. I'm saying most people don't actually experience the love inside of them. They look at the object of their desire as the point of love rather than themselves, rather than understanding that the feelings you're feeling are able to be generated from you. And usually falling love is not where people stay, right, because that's intense. Well, feeling good has nothing to do with intensity. Feeling good is to be free of fear because a lot of times that intensity is also a fear of loss mixed in there as well. What if they're not reciprocating? What if they go away? What if? And we live in what if. And that is fear. So when there is not truth and trust, you really are blocked and you will decide against yourself more often than not. You'll be having trouble weighing something out. Instead of going with your heart, you'll go with your head. And you never know. See, this is the thing that I've learned.

I've stopped looking at the packages that show up as the package. In other words, if people show up or opportunities show up, I don't judge it based on what the appearance is. I feel what I feel, right? Oh, this feels like I could go here. I could do that. There is a feeling around it, and then I go forward. More often than not, I'll say yes instead of no. I only say no when I really don't want to do something where it's like, "I don't feel like it. I'm tired," and what have you, or it's [sounds?] somewhere that I don't want to be because that's okay. But my point is, I try to be very cognizant of not making decisions from fear because that's just a way of standing in your own way. You're not out of your way. You're in your way. But you can tell, you just got to look where your focus is.

So when something comes to me and I don't know what that package is, like I was saying, it could be the most amazing opportunity in the world. One of the things I like about dating-- and I never used to like dating. I hated dating, and I like dating now. I like dating now because I always learn something. And I never know what it is I'm going to learn about myself, or about the world, or somebody shares something with me and I learn from them, right? Or, they say something that's reflective to me and I think, wow. That's kind of cool. I didn't look at things that way or what have you. To me, that's learning. But you don't get to have those experiences when you sit in your

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bedroom all day, right. You don't get to have those experiences when you say no because of how something looks when you don't even know where it can take you.

It's the same thing with work, with business, with wanting things. It's surrendering and trusting. See, surrender comes from trust. That you trust that everything is going to be okay no matter what, all right. Fear says, "No." Fear says, "I have to have rules. I have to have walls. I have to be protective. I have to be compartmentalized because I've survived that way ever since I was a little kid." So you'll just run around being a little kid for the rest of your life especially if you take everything personally as a trigger to fear.

Yeah. So when it comes to standing in your own way when you say you want something and then you don't follow through and do it, it's letting yourself down, but it's staying in that fear. See, I knew I couldn't do it. See, I knew I sucked, right. And the only way, and I mean, the only way you are ever going to discover life, and love, and goodness is by taking action. Not any action, never any action, and this is the cool part. It's not like you need to stop listening to the podcast and go, "Oh my god. Where can I take action?" No. That's fear driving you. Fear is like a force. Fear is the urgency. Goodness peace, love, no urgency, none. I recognize that.

Sometimes I'll feel a sense of urgency about something that I want to do, right? I'd better get out there. I'd better do it. Uh-oh, somebody's going to take it. That's old programming because that means that there's competition. That means there's not enough for me. It also means that if I don't do it, I'll lose the opportunity, and it's just not true. When you sit back and you feel your feelings and you touch on that peaceful place in you, you will take inspired action. Inspired action is to participate, okay? You want to participate. But that doesn't mean that you're going to be a force of nature. It doesn't mean you're going to force anything. It doesn't mean that at all.

So people need to pay attention to that, when you're going to take action, or when they're going to take action. So it's not about pleasing other people. It's not about getting what you want by manipulating other people. That is the last thing you need to do because you never get a positive outcome, and you have to ride the fear train to get there, right, the crazy train. Because that to me says, "I'm in fear. I'm not trusting. Screw that."

That is the thing that most people don't get is fear begets fear. Fear brings more fear. Fear doesn't bring less fear. It brings more. When you have a fear of spending money, or afraid to put in the time, or afraid you're going to waste your valuable resources, which you don't even probably know what they are, or you're afraid to fail, those are all things that stop people in their tracks. I hear it all the time. I hear it when people do a discovery session, right? Because at the beginning, they obviously thought they might be ready. But then if I share my pricing, then they may not be ready. And it's not that my pricing is astronomical, because it's not. Because I'm actually in this business to help people. And what I find is, it's the commitment because its fear takes over and says, "I can't make this commitment to myself." And it's really about the self. It's never about what's outside of you. It is so about you. It's the fear of investing in yourself because what if I fail? Whatever negative beliefs you have in there are what are running the show because that's where it always comes back to.

If you want something and you say you want it, and then you put some sort of time on it in the future, I can tell you that fear is in the way. And I know, with the law of attraction, a lot times people will do that, right? They'll go, "Oh, I want a girlfriend or a boyfriend by the end of January," or the end of whatever month you happen to be in. I don't know why I picked January [laughter]. January's already come and gone. Anyway, maybe next January, right? Okay. But you put this time limit on it, right? What happens as that date approaches and you're still single? You start feeling fucked up, don't you? You got pressure. Now you're going to have a thing where this failed. I'm a failure. See, I knew I couldn't have what I wanted.

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See how that makes it just fearful and messy? Instead of trusting that you will meet somebody when you meet [somebody?] and that you're living a life of love, and you're open, then you're probably going to meet somebody sooner rather than later, or maybe it'll take a while because maybe the other person has to work through some shit. Who knows? My point is, when you put due dates on things, it becomes a bigger ordeal. Even in my own business, I used to put a bunch of due dates on stuff. I was Speedy Gonzales over here. I don't know if anybody remembers that cartoon. I might be dating myself on that one, too [laughter]. But anyway, I was always in a hurry.

And then as I come to more peace and not resistance, and not having a bunch of walls, I kind of let things happen organically. It's kind of cool. I mean, it really is. It's so different than how I used to operate. It's this feeling of trust. So it's interesting. And going to my business a little more, I've mentioned discovery sessions, and I love doing them, I do. I love doing them because I love talking to people. I like hearing where they're at. I like maybe giving them a small amount of awareness or something. And so I like to talk to them. And when they're ready to go and do something, and they sign up right away, I'm pretty much like, "That person's ready. They're done with being in fear." And a lot of times when people don't, they're not done with being in fear. And I'm only saying that because this has just been the ongoing-- what do you call it? Trajectory, right?

And I know with myself, if I've been, "Oh, I'm going to go do this," whatever it happens to be, and then I don't, there's a feeling of-- I will talk myself into, "Oh, I'll be okay. I'll just keep doing this over here. I'll just keep doing that." I did this for a fucking long time. I'm having a memory [laughter] as I'm sharing this, going, "Oh, my God." I did. I did it a lot, "Oh, I can just go take care of it. I don't need your help." I had a whole thing about getting help, by the way. I didn't like to get help. I seemed like I didn't need help, "Oh, don't help me. I'm going to be fine. I can do everything on my own." Oh, my God. Wow, boy, that's a memory. Anyway, I used to do that. And I don't do that anymore, at all if I see something that I think, "Okay. You know what? This tool could help me." I'll go for it. My goal is always to have a sense of wellbeing inside, right? And that means that not being numb because that's easy to do, that numb comfort zone. But it's to really be able to feel my feelings because when I do, usually, they'll dissipate quickly. Even that one last night, it was like it took 10 seconds of my life. When I sat there and fell [laughter] through it. And I mean, maybe longer than 10 seconds, but not much. I don't even think it took-- there's no way it took a minute, all right.

It's the point that our head, we've told it, "You're in charge. You decide what I'm doing or not doing, based on fear," literally based on fear. And then we make a bunch of crappy decisions or maybe we jump out of our skin at one point and go, "Okay. I'm going to just do this." And we sign up for a class or we sign up for something. And we think we're in forward motion, and we're not. And I did a podcast on going backwards to go forwards, right? Because a lot of times, we're such a hurry to go forward, but that forward momentum, physically, has nothing to do with our emotional life.

So you want to commit in your life. Commitment brings up all sorts of fear. Look where you won't commit. And I'll tell you where it is. It's where you say, "Oh, I want to do that. Oh, I'm going to do that someday. I want to do that," and you never do it, never. What's the fear, right? Fear is keeping you. Oh, what is fear doing? Or maybe you imagine-- let's say, it's fear when it comes to dating. And you just hope somebody will show up on your doorstep, right? And you hope that you don't have to go date people, that someone will just show up, "Hey, I want you. Let's get together." And you're like, "Okay. You finally showed up. That was easy." That's fear looking at it, instead of being in the big wide open world of opportunity. Because you got to trust that there's opportunity, that there's not just little scraps sitting outside your door, that all sorts of awesome shit can come your way because you're at a place of freedom inside of you, freedom inside of you makes you free outside, too.

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Even if you have a 9-5 job, and you have kids, and you have a schedule from hell, if you have freedom inside of you, you actually can give yourself freedom outside of you because if not, you're living a pretty constricted life emotionally. And that is the sad part because then you're just committed to fear. And when you're committed to fear, you really can't go very far in your life toward happiness or peace.

And again, you've got to listen to what your head is saying. And I'm not saying be an audience to your head, but if you want to know what your head is saying-- right now, what I want you to do is I want you to say, inside your head, don't say it out loud, say the word pizza. All right. So if I say pizza, something is hearing that inside of me, right? That's your awareness. That's your consciousness. That's not your mind. I'm only saying that because I want you to know you're not your mind. But you've given your mind a huge ass job that it can never ever fulfill. Your mind is not ever going to be able to tell you, "Hey, you know what? This over here is good. Do that."

And it's really coming from a positive place all on its own. Your mind can do that, although, when it is connected to the deeper feeling in you, the inner wisdom, the intuition, the trust. When it's connected there, then you're not going back and forth in your head, first of all. You just know and your head just goes, "Yeah," and it comes out, and you make a decision, whatever it happens to be for whatever action it is that you're wanting to take. It's like being in full alignment. Those are the best times to go, to do, right, because you're inspired. That's inspired emotional action.

Inspired emotional action is what shifts your subconscious because if I want to shift crap in my subconscious, if I want to show fear, "Hey, fear, guess what? There's another opportunity over here. There's something different. I don't have to operate from that space of your influence. No. Look what I can do." And it's shifting focus. It's not to beat fear up. It's not to beat it down, just like it's not to beat the thoughts in your head out it's really just to observe, "Oh, look at-- that's what's going on. But hey guess what? I'm going to go ahead and do this over here." And you can sit in the backseat theory - you don't have to get out of the car - you can sit back there while I go and do this. And then you do it. And then you have an experience, which is so much better than sitting in your head.

Holy shit. Sitting in your head is so limiting. It just says, "There's a limitation here. This limitation means that I can't get off the couch and go do this because I remember what happened last time I wanted to do this. It was such a mistake." But it's not taking anything into account. A lot of times we say that, "I can't do this," because of some past experience, when the past experience, we're not taking into account the timing, the circumstances were probably different. All sorts of things that could be different. We're not taking any of that into account because we're so used to automatically responding - or I should say reacting - to fear. Ooh, that's going to happen. Blah. Right?

And I know because I would beat the shit out of myself about it. I would beat myself up, "Oh, Tracy, you did that before. You know what happened then." And then I just think that there's some kind of lack in me or some flaw, some big failure in neon signs that's going on inside me that says, "Don't do that. Don't do that." And then I don't because I'm afraid of the danger that my risk or my action might bring on. And then I just feel depressed, right? That's how you get depressed is you stop yourself from inspired action. You get in your head and you think, "Oh, no. This'll happen. That'll happen," based on your limited perspective. Just like when you have a situation with somebody, right? And I think this is going to end up being a long podcast [laughter] because I have a lot to say today.

Anyway, when you have someone kind of sort of in your life, right, and you think you'd be a perfect couple. But you keep looking at them and they're not coming forward, and you blame them, and you think it's all their fear, all their shit. And all you do is you keep that same perspective up. You keep that same limitation up as though they're

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withholding something from you but you're really withholding something from yourself. You're not giving to yourself. You're not looking at why you want someone to step up, when you don't step up. I hear this all the time.

"Well, I'm just not going to talk to them." "Well, I'm going to ignore them." "Well, I'm going to act like this." And then, meanwhile, these same people are saying they want to be in love, right? I'm like, "Hey, that takes transparent communication. That takes vulnerability. That takes getting out of your comfort zone." Yeah, they don't want to do that. They want to complain. "It's the other person. Look at the other person's actions. Look at them. Now they're trying to get me back. Look at them. Now they're bugging the shit out of me because I'm ignoring them." That's a game. And that's built in fear. Stop it. Don't do that [laughter]. You know?

You want to stop being in fear, stop right there. Stop playing a game. Catch yourself. "What am I doing? Oh, I'm playing that game I always play, hide and seek. I hide out and they seek me." No. Stop it. That's not love. That's fear. You want real love, act and be a loving person with yourself, with other people. If you are ignoring someone because you're trying to get their fear going, like fear of loss, or now they're intrigued and they're going to chase you, oh my God, that's such a crock of shit because it's not sustainable, first of all, because once you start talking to them again, you're going to go right back to the same dynamic you had. And why are you doing that? Oh, because fear is running the show, that's why. I mean, fear is running the show for that person, but it's also running the show for you.

So whatever you are blaming on someone else, you need to take yourself in hand because you're going to not ever get to the point of coming from a place of love, and compassion, and happiness, and kindness that's true when you keep doing that. You're just staying stuck in a vicious cycle over and over again. So look at that. If you say you want real love, then I suggest you stop ignoring that person and you speak from a loving, kind place to them. That'll be scary. That'll scare the crap out of you. But if you do that, you're being truthful. You're being honest. You're being in alignment with yourself even if it's something hard to say. Oh my God. Set yourself free.

When fear is running the show it's going to give you a million excuses, and I mean excuses. Oh, my God. If you ever call me and talk to me you'll know that I'm not big on excuses or reasons. In fact, I'll cut the conversation off at that point and take you deeper or take you to another place because we have this arsenal when it comes to fear of fucking excuses. On and on. And we don't see it because we feel like they're really valid reasons.

And I'm not saying that they're all invalid, but for the purpose of why you're doing something or not doing something, they are. So when people say they want change, they fight it. Fear comes up. If you call me and tell me you want change, and then you disappear, I know that there's a part of you that's fighting it, which is the fear part. And I know when people say-- like on a first date.

Have you ever been on a first date with someone and they're like, "Yeah. I want a relationship, and I'm ready, and blah, blah, blah, blah, blah," and then they disappear by the second or third date? Fear. Fear took over. They're not bad, they're not an asshole it's a good opportunity for you to look at where fear still exists in you because I guarantee both of your fear parts met and repelled each other [laughter] at some point.

Fear is what makes you wait to live your life. Yeah, fear. Nothing outside of you, just fear. Fear has you not living your life. So I know that when I commit to something now-- see, it's kind of different for me because I'll commit and I already know that no matter what, something good will come from it. I don't what the something good is, which brings out that whole little kid part of you when you go, "Oh, my God. I'm going to go ahead and commit here." And I know that it's all going to work out. I know it. I don't know how. I don't know what it's going to look like, smell like, taste like. It may be a whole different idea than I have, but it's that sense of wonderment. It's that sense of

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surprise. It's that sense of you never know. It's also an opportunity to see where I get attached. And it doesn't necessarily mean it's a person. It could be anything. It's an opportunity to see where I get attached because it's usually fear that has me attaching because that's where I'll start to not trust, like if it takes a long time.

Even though there's that sense of wonderment, I might have days or moments where I'm like, "Okay, you know what? This has been a while." And usually, I don't stay there very long because I get right back into the place of, "You know what, Trace? It always works out. Everything always works out whether I think so or not, because it doesn't look like I wanted it to, it does. And that means there's always going to be challenges. There's always going to be shit. It's all in how you deal with it. It's if you let fear take over or you allow yourself to trust and feel good. It's a fulfilling way to live. It's so fulfilling. I can't tell you how much more meaningful my life is living like this. It doesn't mean every moment of every day I'm on cloud nine. It means that my reality is not spent living in fear. Even if fearful things come up, I have to process them. And sometimes there's shit that happens outside of me that will throw me for a loop, where I'll go, "Oh, my Lord. This is affecting me." And then I really have to dig deep to see what it's attaching to, what kind of belief in me, what shitty belief in me, and why that's mattering, and why that's creating a problem for me.

And it always comes from fear. So I work through it. Because if I don't, I'll just end up waiting for something outside of me to show up. "Oh, look. That problem, I focused on it, and now that problem is solved outside of me." I don't even do that anymore. I put in inspired action. That is it. Anything that's overwhelming, anything where I'm forcing, anything where I'm chasing, anything where I'm coming from fear, I stop myself. If I catch myself I'll go, "Mhm. Look what you're doing. Don't do that." And it's not that I admonish myself, but I just go, "Oh. I don't want to do that. Mhm, not really. I don't." And I'll stop.

Sometimes it's hard, and that means I just have to sit with my feelings and go, "Okay. I'm going to physically feel my way through this," and I will. And I'll focus on things that are inside of me, and I'm being triggered left and right, but I've got to do that because I don't want to live with that shit inside of me. If you keep doing that and you keep compartmentalizing, you are not moving. You are staying put. You have to let your stuff out. You have to get out from behind that damn wall. If you don't, you're never going to experience life in that carefree way.

And it's not about another person, it's about you. Sometimes you have to walk into something like I said before, that may not look like you wanted it to, but you might discover it's the best thing you ever did and you would have never known it had you hid out. So, belief is that - excuse me. The belief that happiness is outside of us is bullshit. It's not. People can add to it, situations can add to it. There's a sense of, "Wow, that's really cool." But we have to make the decision inside of us to come from love. So don't let fear rule you. If you see it, just watch. Be an observer for your mind as it goes off the deep end.

I always tell people that, just let it go. Don't beat it down, don't tell it to shut up. If you want you can think it. Thank you for trying to keep me safe, but I'm going to be okay. And then you go about your business. That's really what I do with my mind when it starts to go, "Blah, blah, blah, blah, blah." It doesn't even really do that anymore. I was trying to think about that earlier. I'm like, "Do I really have those?" And I have for a couple of things that have been pretty big. And I'll realize it, and I'm like, "Okay, just let your head do what it's going to do. It's going to just be crazy." And it'll stop pretty much when I stop paying attention to it, not because I'm ignoring it, but because I'm focusing on creation. I'm focusing on building. I'm focusing on what kind of emotional risk I can take to build and to create, right?

Seriously, it is about that because love is unconditional, by the way. And when I'm talking rules, rules are conditions. It's the same thing. They're interchangeable words, conditions, rules, same thing. So being conditioned

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as a kid means you placed a lot of rules on yourself. You made some of them into beliefs. So you can undo it. You can undo it. And you can be unconditional.

I know I've mentioned this before or maybe I haven't. Sometimes I think I've said something [laughter] and then I realize, "Um, Trace, you never really said that." So I imagine when I'm talking to clients and I want them to get to that place of unconditional, imagine a fuzzy animal. It can be your animal. It could be a cat video, whatever. And you feel that kind of free, warm, fuzzy feeling in there. Well, you can have that for all of your life, for everything in your life, even the things outside of you that you cannot control... that will never be controlled, ever, okay? You can literally give up the idea that you're going to control shit, all right?

But anyways, when you feel into that, you can feel that warm, fuzzy feeling. And if you feel that, take that with you to make your choices. Make your choices from warm and fuzzy. Don't make your choices from cold, the head, "Oh, well, my head says this." Well, it's just coming from fear.

Fear will make you do all sorts of crap that's constrictive, small, closed. Love is expansive. Love says, "Fuck the walls. They're not necessary. We're going to be okay no matter what." See, with love you have the opportunity to be okay. With fear, you're never okay. You're never okay. Fear will always have you on edge. Fear will give you a false sense of numbness. And then whatever's beneath the numbness gets triggered. You go outside, and somebody says or does something, and it triggers it. Right? And then you're in fear, and you're trying to solve this problem that you've created because it's your trigger. And now you blame it on something outside of you. It's a vicious circle, and you never get out of it.

I know I keep saying that, but it really is vicious circle, vicious cycle. Same thing [laughter]. It's vicious. And you stay there on and off, either numb or being triggered and then trying to shove the trigger back and not feel it instead of releasing this shit. Release it. You get triggered. Feel it. Feel where it is in your body. Breathe into it. Let it be. Let it go. You can do that. It's amazing what happens when you do that. You do it enough and I tell you, you will feel space, and calmness, and love. You will feel so much better. I promise you. But you got to do it, and fear may tell you not to. So thank the fear, and say, "I'm going to do it anyway, fear. I'm going to do it anyway."

But the thing is, remember, fear wants everything under control, and there is no such thing. So fuck control. Fuck trying to get it under control. Fuck manipulation. Fuck all of that. Yeah, I like to use the F-word today. But, really, don't let it rule you. So, people, thank you for joining me. I hope you have a wonderful, fearless day. Take care.

ACTION ITEM

Think about something you want but feel you can't have (i.e. a promotion at work, less arguing with your significant other, an intimate relationship, etc.). Why do you think it's impossible? How do you talk yourself out of it? Maybe you tell yourself you're not QUITE qualified for the next jump in your career or your partner won't ever take responsibility for his/her actions or dating is tedious and a waste of time. Recognize that these are all different faces of fear. Each excuse you tell yourself keeps you safely stuck. RECOGNIZE THIS. Can you see it?

This week, pay close attention to the excuses you tell yourself, either out loud or in your head. Next, look for the underlying fear. It may be fear of failure, fear of success (maybe your friends/family will think you're better than them), fear of intimacy, fear of rejection, fear of upsetting your lifestyle or even the fear that your long-held beliefs might not actually be true. Look that fear dead on and connect with it. FEEL it. Then take one small step in fear's direction. Maybe it's setting a meeting with your boss to discuss your future with the company or stopping an

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argument with your spouse in the moment and asking him/her, “Why do we always do this?” or setting up a dating profile on one platform. The steps need not be big, but they must move in the direction of your fear. Once you survive that initial step and realize it didn’t destroy you, you just might be willing to take the next one. And the next one.