



Simply Abundant VIP Podcast Group Transcript

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Title Patterns as a Means of Control

Hey, there. Hi, there. Here we are [laughter]. And today's wonderful podcast is brought to you by me. And what's interesting is I'm going to be talking about patterns, right? And I was referred to at one point in my career as the pattern buster. And I told the marketing person that at one point, God, like five years ago, maybe longer. And she said to me, "Nobody goes out looking for a pattern buster, Tracy [laughter]." Nobody knows that they need to bust a pattern, right? Well, that's pretty much what started happening to me pretty quickly when I started coaching, was I recognized that I had a talent for being able to spot this stuff. And a lot of people are. I mean it's not just like I'm the only person. But it was just interesting that it became so easy to me to be able to see the beliefs that people have and the patterns that support it.

And we don't always see that with other people. Although, as human beings, we really are all about patterns. It's how we survived. Ancient man or ancient woman really had to use patterns. They had to look for patterns in everything. They had to look for patterns with nature, the solar system, other people, animals, plant life. They had to look for patterns, right? There is a pattern. There is an expectation when you have seasons. There is an expectation around all the things I just mentioned, and that's for survival. And as we don't have to walk out our front door and survive like we used to, we still, unfortunately, look for patterns, when it has nothing to do with our physical survival and has nothing to do with our basic needs.

We are the pattern hoarders [laughter]. We are always looking for patterns, and when you apply patterns to things like attachment, an attachment to anything, you could end up with a pretty messy drama, right? A drama whether it's inside of you or a drama outside of you. And when it comes to attachment, of course, you're talking the pattern of scarcity. You're talking being stuck in scarcity as a pattern. You don't even realize most of the time that you're stuck in scarcity and that it's a pattern because it's on auto-pilot. And all of our patterns that we have, that are negative patterns obviously, come from a very limited place.

Now it's not to say that we don't have positive patterns, but if you notice, this is the thing I noticed in my own life. My positive patterns always change. They always shift. What may be positive yesterday, it might be a little bit different today, and it just continues to do that over time because of my own changes. A lot of negative patterns can do the same thing, but it depends how deeply embedded they are. And because being negative also was a survival instinct for people, that makes a difference as well.

So we apply our lovely little patterns that create all sorts of drama from this limited place, we apply them to other people. We do in a non-survival kind of way rather than the survival way, and we look for commonalities and differences and we watch their behavior, their actions, their words, and then we tell ourselves stories about that whether we're making an assumption, not even asking somebody really what's going on. We're just observing and coming up with our own conclusions.

A lot of times, also, we're not looking at somebody's actions and words. I mean, we're looking at-- let me put it this way. We're looking at the different patterns of actions and words and we're trying to predict them so that we know how to act or we know how to play it safe or whatever. And it's just interesting because a lot of times somebody's

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words could take precedent over their actions when we're looking to buy into some kind of a story we've told ourselves.

But we're not talking assumptions and stories today. We're talking patterns. So we expect things to be that certain way, like I just said. And, of course, with insecure attachment, there are certain patterns and then there is always surprises. Not happy surprises, either [laughter]. Because we have a delusion about how we see ourselves. Most of us do. We don't see ourselves as we are, good or bad. And I don't even really mean bad, just not perfect. How's that?

And what the biggest issue is, where it starts from, the core or the foundational beliefs that it comes from are negative core beliefs really give us a limited perspective on what is possible. If you look at your entire life, and you look for where you're afraid, or you say, "No. I can't do that," or, "That? Oh, no. Not me. That'll be somebody else who could do that. I could never measure up." Those are all negative beliefs in there, and that's a limited perspective because everything is possible. You just have to believe it.

Perspective could be, "I know he or she won't show up [laughter]," because, of course, the focus is on the other person, right? "I know he or she won't commit. I know he or she won't call me, or will call me, or will stand on their head and spin around in circles unless I do something." So I am looking at someone's pattern almost like a movie, right? Talking about what I'm just saying here. And I'm looking at it, and then I'm figuring out how I'm going to act, how I'm going to get what I want. Which is, if I want them to show up, or I want them to commit, or I want them to call me, or whatever it is I want I feel like I have to do something because I'm watching their pattern, and I'm like, "Well, they're never going to do it on their own unless I step in and do something."

And it could be-- I only see them, also this is the other wonderful part of this because this goes to the fantastical part of what we tend to do as humans when we don't want to face reality and that is to see the making of a grand entrance and the person who we are attached too who is not showing up or calling or what have you, we see them making that grand entrance and proclaiming their love as a result. These patterns that I'm talking about right now are the patterns that we're associating with other people. We're not even looking at our own patterns of thought and limitation that got us here in the first place. I mean [laughter] this is the funny part, right?

I talk about this all the time because one of the things I find in working with people is we really get stuck on other people. We really get stuck on what we think is right for them. We get stuck on everything about them and their patterns. We are always looking for their patterns. Well, they called me after 3.5 days of not hearing from them. Okay? Last time we broke up, we got back together the next day. This time, I'm a little nervous because it's been two days. I wonder what's going on. See, this is what we do, right? Predicting.

Well, this happened last time so it's a predictor. That must be the pattern. It's crazy how much we look for patterns. All right? And it doesn't help us. They are the destroyers of our emotional well-being because we're focused on somebody else that we can't control and we're always constantly-- and I say always constantly, always constantly.

Okay. How about just one of those words? We're constantly looking at them to see what's going on. And again, none of this really has shit to do with our physical survival because our physical survival's pretty much already on guard. We're looking both ways when we cross the street. We're not out in the wild, hopefully, without some kind of clue about animals, things like that. How to walk around your neighborhood in daylight. I mean, you take precautions, perhaps at night. You pay more attention, what have you. But my point is, that has nothing to do with our emotional survival. That's our physical survival, not a problem.

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And unfortunately, because we're relating to our emotional survival, that's all it is. It's not emotionally fun. It's not like we're emotionally like, "Oh my God, this is a good time." When I'm so wrapped up in watching and living by somebody else's patterns because of my own frickin' patterns that I won't even look at.

Why do I need somebody to show up that way? What am I letting it say about me? What happens if my fantasy doesn't come true? And I'm not doing this to make fun of anybody, and I want to be very clear as all my podcasts really aren't about making fun of anything, maybe myself. But in terms of how we got here, we didn't get here because we wanted to. We got here because we were trying to survive emotionally as children. And we don't really do that very well in the thriving part of it because of this way we learned. I mean, it's really just having gone to some shitty emotional school as a kid [laughter].

You're a kid and you didn't know you were enrolled in school and you're family's your teachers and your friends are your teachers and so on and so forth. Society is your teacher. And little did you know that they were giving you a really fucked up perspective of life, of themselves. Because most people, especially years ago, and I'm not even talking that many years ago, didn't really have a lot of self-awareness. And so it gets passed down generation to generation, this lack of self-awareness. And so everybody's just surviving.

So you want to break out of your own pattern of survival. Right? So we want to learn to love because love is not even in these fucking patterns. This is how I love people. That's my pattern. Bullshit. Loving people is the freest place to be. Loving yourself is the freest place to be. Love is free. Okay? I've talked about it before. I've done podcasts on love from different angles, and frankly, when I'm talking about it, it's not to strategize with love. But we have patterns of what we think represents love, and we tend to act from that place. And it has nothing to do with real feeling. It has to do with survival. And so we go into relationships and exist in relationships very protected.

We look for problems because that's what we do to survive. You got to find the problems because if I can find the problems and work on the problems, I know that everything is going to survive. That this relationship is going to survive. And we'll continue looking for issues, looking for dead ends, going into wild fantasy about how an amazing brick will fall on somebody else's head and bring them around to your way of thinking or feeling, and it just never works that way. Or if it does, we are still so protected because that's a pattern and judgmental, another pattern, and frankly, that part of us that wants emotional distance will continue to show up.

Going back to other people's patterns are not your business, your own are. But we get so caught up in it that we go on a roller coaster emotionally inside of us because of what we're assuming about this person's patterns that probably has nothing to do with it because if you look at your own patterns, you have emotional patterns that are very prevalent, but your actions are not. My actions if you were to watch my actions, you might say, "Okay, she gets up. She does this. She does that." I have certain habits because that's what works for me, and those have changed over the years. But when it comes to how patterns get in the way emotionally, I mean, my God, they're all over the place.

Look at how people date. Look at how they act in relationships. They're their own fucking pattern [laughter]. That's why I laugh. Because many people are looking for the perfect partner thinking the perfect partner finally they can let their hair down and they can get out of their fucked up emotional patterns. And it doesn't work that way. You might temporarily. You might find yourself going, "Oh, yeah, I can handle this. I like this. This is fun. I'm on cloud nine." And there's nothing to do with real emotional patterns.

Because what's happening is it's sort of about this altered universe inside of us when we meet someone and we're falling for them or whatever you want to call it, having lust for them, or getting caught up in attachment with them.

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Because love takes a while. And getting to know someone does as well. So when it comes to that, a lot of us do not have an awareness that that's what's going on. We don't realize that we're going to go to that relationship with that perfect person, air quotes included. That it's not going to turn out like our other relationships in our mind, but it is. In some way, shape, or form at some point guaranteed, your fucking patterns are going to catch up with you. Your patterns are about you. Again, they are not about other people.

They're how you treat other people because of how you treat yourself because of whatever limited belief you have inside of you. That's absolutely true. And unfortunately, people get stuck in this, right? Because that's the part that we don't realize has been engaging with life the whole time. And again, you're not going to come suddenly out of that. And it could even be with somebody who you've had trouble with, right? You had an attachment situation and they are gone and then they come back. Then you're like, "Oh my God." And then you just get hooked in their pattern again. You watch for the signs. Then you know how to act. You know what's going on and unfortunately, real love doesn't have much to do with this.

For some people, it might be boring and not fun because to step out of all of your limiting patterns or some of them, even a couple of them, you're going to find there's not as much drama. You're going to find there's not as much resistance in yourself or to others. You're going to find that you let people live and do whatever the hell they're going to do. Because you're not so caught up in their patterns and what they do or what their history is, let's say, and your own history. Your own history is repeated in patterns. That's why human beings are victims of history most of the time because they don't see their patterns on a bigger scale. They don't even see them on a small scale. So how are they going to see them on a larger scale, right? And that is the truth.

So anyway, when we're looking at other people again [laughter] for their patterns, we're not serving ourselves unless we can mirror their patterns back to us. Like what is it that's having them do what they do? We're always gathering our evidence. Remember, as I have probably said I don't know on how many podcasts about gathering evidence to show that our crappy beliefs are true, even though there's also evidence that says they're not true at the same time. But we're a lot of times too afraid to believe the positive news or the possibility that our shitty beliefs aren't true.

Okay. Most of us are. We're afraid to go there. It's unknown. It's not in control. It's not our pattern because patterns feel safe. They are a comfort zone. So when you go for the experience in life instead of sitting in your brain and mulling it over and thinking about it for fucking days, weeks, months, years, what have you [laughter]. And I laugh because whenever somebody says I have to think about it-- you know when I do a discovery session, it's like, "Don't go think about it. Just sit with your intuition for a very short period of time. But go about taking action in your life because you'll actually come to an answer quicker if you want to work with me or not." Usually, I know if people get off the phone that, more than likely, they're not going to end up working with me. And that's because they're going to sit and think about it. And they're going to go back and forth, and they're going to say, "Oh, I can solve my problems the same way I've been solving them, even though nothing really ever changes." And that's fine with me because I don't want to take resistant people on this journey.

And my point is, that's the pattern. If you look at when you're going to make a decision, how much you sit in your head, and then you end up going against the decision but there was some part of you that wanted to do it, you got to ask yourself, am I really going for the experiences I want to? And that means, with anything, it's to do the things that turn you on. It's to do the things that are different. And that is how you start breaking patterns, because I'm going to have an emotional experience if I decide, okay, I'm going to go do this and this out of the norm for me. It's what I've been thinking I want to do but it's also been what I've been feeling, because it's one thing to think it. It's another thing to feel it. And if I feel it and I've been feeling it but I've been denying myself and I say, "No, Tracy.

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You're going to go do this," you're not going to sit and just go back and forth in your head and live out an experience like you have in the past so you stay safe in your pattern of your comfort zone and then you never get out of it. Your life will never fucking change. It may look like it's changing on the side, but that never lasts. Inside change is where it's at.

Then, you have outside change that follows, that does last. I'm telling you, I've been down and I've been up [laughter]. And frankly, changing some of these patterns has been, I don't know, I can't even do it justice, I really can't. But I have broken so many of my freaking patterns that I have. I mean, probably hundreds of them at this point, maybe even more. Because sometimes you break a pattern and it creates a crack in another pattern. It's to look at your patterns, though, that you think don't exist. And all you've got to do it sit for five minutes and decide to listen to your head.

I did that, say pizza, right? Say pizza in your brain inside, don't say it out loud and you hear it, right? Well, the consciousness that is listening to your brain say, pizza, you could have that consciousness looking at you and listening for what you talk about, your brain chattering on, and on, and on, and on. It'll give you what your patterns are because that chatter is a pattern. And a lot of times, that pattern of chatter is connected to some kind of feelings too. So it's what can control your moods because you're thinking certain thoughts, those are related to certain feelings, a lot of times limitation.

Oh my God, we think such limiting thoughts all the time to go with our wonderful limiting beliefs, oh, and our supportive limiting patterns [laughter]. So it's just one big fat limitation, let me tell you. So even if this pattern you have, though, is happening and you're watching it-- and it can play out differently depending on situations too, depending on if it's love or money, friends, relationships, whatever.

That pattern you have because it's to a core belief, let's say, of unworthiness of some sort, it's going to play out differently, but you can literally listen. You can watch your actions in a day and see what you do. You can see how often you're in a state of reaction, that's a pattern. When A happens, I do B. You can catch it. And a lot of your patterns are useless and really, you could get rid of at the snap of a finger. There are patterns, obviously, that are more deep-seated, but there are some simple ones that, once you see it and you go, "Oh, why am I doing that? I don't need to do that--" and it's not an emotional cost or causing emotional upheaval.

So you should pay attention anyway just to get rid of some of these - I don't even know what to call them - waste-of-time patterns. How's that? Like, you could be sitting on Facebook and then you go, "Oh my gosh. Look at the clock. I've been on here for three hours." But you could catch yourself a lot sooner and go, "What is the pattern? What am I avoiding? Why don't I go sit and meditate? Why don't I take a walk, read a book, call a friend?"

Do something that gives you something back. There's a return on having a conversation. There's a return on taking a walk. There's a return on meditating, right? Reading a book. So when you find yourself doing things that are just for the purpose of distraction, that's a pattern too. Oh, look it, I distract when I don't want to have to focus on myself. Isn't that really? So most people going to the other realm, the other realm of attachment, tend to look for patterns right when they wake up. Right when they open their eyes, they think, "I haven't heard from that person. They must not be thinking about me. They don't care," and their whole day goes downhill before they've even gotten out of bed because that's a pattern.

That is a pattern, to find something to focus on, whether it's a person or it's getting to work, what have you. And we purposely put ourselves into the comfort zone, and of course we know the comfort zone isn't like the fun zone. It's not like a bouncy house or something. It sucks, but it's what's familiar, what seems safe, and it's not but it gives

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that illusion. And anyways, this pattern speaks to our lack of value or how we don't really value ourselves in there. So in attachment relationships, we are seeking our value from the person resistant to giving it to us, and yet our patterns of behavior help to create the situation.

We get stuck in our own pattern and this person just matches us there. That is all their doing. It's like, oh, your pattern matches mine. Awesome. We don't know it because it's subconscious. It's on autopilot. That's why none of the things I ever talk about are about beating yourself up or feeling bad. Gosh. Why do I keep doing this? What is wrong with me? Those statements do not help you. Those questions? No way. All that does is keep you in a limited pattern because that's a pattern, too, yes, finding things wrong with yourself that you can beat yourself up for.

Because what does that do? That makes you not take action. It makes you sit still. It makes you miserable. It can really limit your life. And so most of us will just keep giving power to the pattern without realizing that's what we're doing. Patterns are meant to be broken. Patterns are not meant to last a lifetime. Even physical safety patterns. Your environment changes. Guess what? Your physical safety patterns are going to change too. But that's different. Those are necessary, whereas these, the emotional ones, not so much.

So the more you can get to a place of love and having love be your guidance, the better you're going to feel, the less you'll find yourself in patterns. In fact, you'll find yourself out of patterns. You won't do the same thing in the same way. You may get up and brush your teeth still, but it may be a different feeling around brushing your teeth. You might do it a different time. You might do it in a different way. Who the hell knows? But the thing is, with the attachment patterns that I think are so toxic, so painful, inside of your body. Okay?

It doesn't mean that somebody's actually doing something horrible. It's your perception that keeps you in this pattern because one of your patterns might be to feel bad. One of your patterns might be to feel like you can never have what you want. One of your patterns, you know-- And your patterns have you acting in ways that make that happen. Because if you look at your dialogue with other people when you feel bad and you feel like they don't want you or they could just ignore you-- I had a client at one point tell me, this is years ago. She's sitting at a table out with friends, and everybody's laughing and enjoying, and she was talking, and they were enjoying her. And then this other person walks up, this beautiful woman at least in my client's eyes. And she felt everybody just ignored her from that point forward and paid attention to the woman. And that's her perception because her pattern is to be a wallflower. Her pattern was to go on and be ignored. Her pattern was not to be noticed. So she needed it to go back and be confirmed. And here comes somebody to go, "Oh look, here's evidence that you suck, literally."

So when it comes to attachment, it can be worse, the feeling, that toxic feeling, right? Let's say that you have somebody. We'll call him Fred. And Fred doesn't contact you regularly, and then all of a sudden, for a week straight, Fred contacts you, and it looks like a new pattern because that's what you're going to think and that perhaps something has changed. Maybe Fred is ready finally. Maybe Fred is stepping up, and maybe you ask Fred. But more than likely, you're not going to ask Fred because you're afraid Fred might stop his new pattern, and you want to be able to predict that pattern and hope that that pattern is in the future too.

And that's where you're living already, in the future because your patterns remember, and calculating other people's patterns - excuse me - is really about predicting the future. "Okay, I know I'll be safe now. I've predicted his patterns. His patterns - oh my gosh - I get it." No. It doesn't work that way [laughter].

Sometimes I think some of the shit I say sounds crazy, but I know enough to know that it's not because we're all crazy and the emotions have absolutely nothing to do with rationale at all [laughter]. I mean, it's a whole different language. It is. And when you're mentally trying to control your emotions, that's where you get in trouble because

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your mental state is judging and going, "What the fuck is wrong with you?" Right? Because mentally you should have your shit together, and you don't because emotionally you feel all out of sorts. But that's a pattern too [laughter].

We allow these patterns to control our moods. We allow them to control our decisions. We allow patterns to keep us small and unable to do anything. We become paralyzed because we're looking at the person outside of us that we're attached to, and we always react to them in the same way. Maybe we're the victim all the time, and we're just looking for where they're going to be the villain, right? But then we want them to be the hero and rescue us from our own life, from ourselves really. So anyway, patterns continue. I could talk about this all day. In fact, my outline is so long, I'm going to be lucky if I keep this under an hour, but I'm going to try.

So patterns continue as long as we ignore our part in them and finding our pattern and looking at how it serves us. It's always to our detriment when it's about limitation or pain or being a victim, okay? That is a total limitation. It does not serve us. So we are really, I want to say, victims to the pattern until we understand that we have power in the pattern and what that power is, whether it's to be a victim or there's some benefit, right? "Hey, if I'm constantly victimized by my patterns, then I never really have to get up and do anything." So, again, we get stuck in our own history, right? And as we look at this, what can we do?

Well, I've been mentioning throughout the word action [laughter]-- the word mirror. Things like that. Look inside. I also mentioned watching your thoughts. I also mentioned paying attention to your reactions. Look at the things you do every day. Watch how something affects you. That's what I mean about a reaction because we really want to be in charge of our inner playing field, and a lot of times we're not because we let outside influences influence the inside. And that's a great spiritual practice to be able to go from the inside out and to up your emotional intelligence those are all related.

And when you can do that and stop looking at it from the outside in, then you're not a victim of patterns anymore because you've stopped that pattern. That is a huge pattern, by the way, of finding how the outside affects the inside because it always is, just in different circumstances. And you can find those patterns lurking about. It's easy. Patterns are easy to spot once you know that you have them, which you do because you're human. So you want to find them. And then once you find them, like I said, you'll have positive patterns in there, too. Those usually change. Those are not detrimental to your well-being, where these negative emotional patterns are.

So when we get into setting a course for adventure, that means we are getting to having experiences and to remind ourselves that we just don't know. I say I don't know, oh gosh, I can't tell you how many times a day because it feels great to say that, for one. That means there's an element of, I have no clue. And I do tend to really live my life from that place more often than not. Not always because I definitely have my moments. But the place of I don't know. Because I don't know. I put energy towards what motivates me, what lights me up. If I put energy in other directions, okay, like I find myself attached to something or someone, then that's an opportunity for me to look at a pattern. What is this pattern trying to tell me? Is it trying to tell me that this is as good as it gets, that this is all I get in life? What is it? And then I get a little clarity and I can go about having emotional experiences, ones that excite me and ones that when I say I don't know, meaning I don't know what the outcome is going to be. That's what I mean by I don't know. And sometimes I don't know what the fuck I'm doing [laughter].

But I'm okay with that because I'm in alignment with myself, which is a different place to be. And it feels like I'm in alignment with the universe a lot of the time when I'm in a place of I don't know and I'm taking action. Not I don't know, I'm going to sit in my rocking chair. That is not what I'm talking about. Not I don't know and I need to go find out right now and I force everything around me to comply, or I go after somebody whose patterns I'm watching.

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Let's say, I have an attachment. And I got to go after them with all their patterns of engagement and say, "I don't like your patterns of engagement with me. You need to change them." Because we do that all the time. When I tell people to speak their truth, they always want to go tell the other person what they're doing wrong. And that's not true. That person's just living their life. You're living your life. You may be on different playing fields. You might be on different pages in the same book. It's not up to you to go and tell somebody, "Hey, you need to change your pattern of how you engage with me." No, they don't.

You get to make a choice. You get to make a choice that you're going to be okay with their pattern or you're going to get the fuck out [laughter]. I mean, really. Because people can't change at the drop of a hat. If they change for you, "Okay, I'll do whatever you want," that's out of fear. That's not out of love. Now love, yeah, love can compromise. But it's all in, "Hey, can you change that pattern?" Patterns are hard to change unless you have the motivation internally is my point.

So you may want to please your partner, but you still have this pattern - and you don't even know why you do what you do - and somebody's saying change it. And you care about this person. That's hard, if not impossible. It has to really come from within and you have to be able to see how detrimental it is in your life and how it keeps you playing small and even if you see it, you still have to challenge your patterns because they keep you playing in the comfort zone and so there might be a feeling of risk. Like I'm saying, risk, not feeling safe even though you're really not safe in a comfort zone anyway. But this is what we do and what happens when you get into the "I don't know" and you start taking these emotional risks and life becomes more of an adventure and I'll tell you something, I am living an adventure. I am living a fucking adventure.

And it's funny because even months ago I could have said, "Oh, I've got it all figured out," not my life, but how things are going to look when I wake up to when I go to bed and that's because there are certain parts of my life that were really small and I didn't realize that I was stuck in a comfort zone that I did not see. It was a good comfort zone because it was a different one. It was a less intense one. It was kind of like, "Hey, things are kind of easy here." And you start to feel kind of crappy when you get stuck in a comfort zone for too long or the universe comes and beats you with a baseball bat and says, "Hey, guess what? Wake up. Can't stay here," and so you stop going to the, "Okay, well, these patterns, how do I get out of these patterns?"

Well, this is how you get out of these patterns. You have to be willing to take risks. You have to be willing-- but it's got to come from that emotional state, that motivation. Because it is the unknown and that is scary, and you cannot have an attachment to how it turns out. You can, but then you're going to be disappointed because you don't know if that picture is going to match the picture you have inside that has the expectation. That's what I'm saying.

To me, I'd rather forgo the pictures and even though I got to deal with some disappointment, because, "Gee, I really wanted this," or "I really wanted that." Then maybe something better's coming or maybe it's coming in a different way. But you can't even allow that when you're in patterns because it is so myopic. It's like a tiny pinhole you're looking through to see your whole life. Oh my gosh, I have like, a 14-page outline, that's what I have folks. I'm on page six. [laughter]. Oh my Lord, I'm not going to get through this whole outline.

So anyways, I'm just laughing because of course [laughter]-- so I do look for my negative patterns, like I say. I do all the time. And I know when I'm heading in the same direction or I'm looking at something the same way I always have, that I am stuck in a pattern. I've done it. I've talked about when I had this person come back in my life, my biggest challenge was the patterns that I looked for in him, but the patterns I also looked for in myself, and seeing that I was doing that. Like I was the observer and I'm checking it out. I'm the audience going, "Whoa, look at that.

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You've been looking at his patterns." And it was interesting to drop that completely and not look for them, but instead look at my own and why I would be hooked into someone else's patterns and what was I actually looking for.

And a lot of times you have to take it down to tiny pieces, okay? And what I mean by that is we usually have a lot of different beliefs or we have a lot of evidence. Like we have beliefs that are riding on a pattern. But then we have evidence, stories, assumptions, all riding on these patterns, too. So there's a lot in a pattern you got a lot of story like, "Oh, this is what this means, and then it means that this shitty belief that I have, right? And look at all of the evidence outside of me that this is true," when it's really not. It's to bring it back inside yourself and go, "Why do I need that to be true? What am I actually saying to myself? What am I actually saying? And how am I acting in accordance with this fucked up thing that I'm assuming is going on outside of me?"

In other words, if you're in an attachment situation a lot of times you look at it as a fucked up think that you're trying to fix, and it doesn't need to be fixed. That's the thing, it does not need to be fix. Fixed [laughter]. Fixed. Yes. It doesn't need to be fixed. You need to let go and let the other person be a free person. Because I know for me, this is what I want. I want to have relationships with people that want to be in my life. Whether it's an intimate one, friendship, what have you. Not where I'm pulling on them or trying to correct their pattern or change their patterns of interacting with me. I don't want to do that. I want someone who wants to be there. Who I don't have to go, "Let's see, okay, so they're doing this, that means I'll do that and that'll get them to change. Or I'll tell them about this and then they're reaction is, "Oh, my God. You're the best person ever!"

I mean, that's kind of the fantasies we have, right? In some way, shape, or form [laughter]. Maybe you don't say those exact words, but you know what I mean. And we get stuck in this and it is like being in a tornado. Because it's these needy needs we're trying to get met. And those needy needs are part of the pattern. I need my needy needs met so I've got to do a pattern because I can't be straightforward and say what I actually need. But I've got to have a pattern of engagement which creates a whole drama on how I'm going to get that needy need met. And these are kind of child-like. Because they were developed as children and we just brought them forward to adulthood.

And a lot of times our patterns were-- they're that old. And we just reinforced them like I said. And the evidence being, I'm watching someone else's patterns. Oops. See? I knew they didn't love me. I knew they didn't care about me. I know they hate me. I know they think that I'm funny looking. Blah, blah, blah, blah, blah, blah, blah. Our whole lives, these patterns. And we show up in ways that create this, too. That's why you want to know what the fricking hell your patterns are doing. You want to get back inside of yourself. What is it okay.

I have a pattern. I'm feeling lonely. I'm looking for validation or what the hell am I looking for? Because I'm focusing on this person and wanting to hear from them. So what does that tell me about me? What am I actually doing about taking care of me? Because if I'm sitting around waiting for somebody, right, that says that I have a feeling inside of me that may need to have attention drawn to it. And I need to pay attention to it instead of waiting for somebody else to pay attention to it is my point. But when you aren't and you're looking at other people, then disappointment happens because they're never going to be able to fill it like you're going to be able to fill it. You're the only one inside your body.

And so, what we tend to do then is to put all the value outside of ourselves because we need it to be filled up from the outside. It's like your body is empty or something and you're looking at all these different things outside of you and going, "Pour inside of me. Be inside of me. Get in my body [laughter]," you know what I mean? Not get in my belly, but get in my body, right? So value becomes dependent on everything outside of you and that just sucks. It does. And unfortunately, we attach to certain things that do not speak to our value, and we do that on purpose. So

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find out when you catch it. I gave you all these ways to catch your patterns, right? You can catch your patterns writing in a journal. You can see patterns. Look at a week's worth of journal writing and you'll see patterns throughout. A pattern of looking at something a certain way, a pattern of doing something. All of it. When you find a pattern, feel the feeling of where it's stuck in your body. I close my eyes and I see what it has to tell me which is actually kind of cool because what happens is I feel there's a space that expands rather than becomes limiting, okay? And I find that I've had no interest.

As I've said a million times before about attracting more insecure attachment situations to my life because you never really get to the love part. You can love somebody, but you don't really get to experiencing that because you're stuck in these patterns of insecure attachment that you've had since you were a little kid and so you never get to the deeper part, you never get to the good stuff. You get stuck in the surface because I call that surface. A lot of attachment is surface. Even though you can feel pain deeply because you stored those memories with pain, you store these patterns with pain so when you're going to release them, it gets released with pain. It's not because everything has to be painful. It's what you store, like storing nuts for the winter like a squirrel. You're letting them out except that you overstuffed it.

So maybe it feels painful, but then it feels like a relief. And so the more you feel into it, it's going to tell you a story. I always do this. I do this constantly. I go hiking by myself a lot. And when I do, I'm always paying attention to the physical sensations in my body especially if I find my head going God only knows where. I try to stay centered, and I try to stay emotionally present. So when I find myself going off into la la land, I try to feel where I'm going in my body. So that I can have a clue as to what is going on with me and have some really great moments, hopefully [laughter].

Today I realized that-- and I knew this intellectually. See this is the thing. Intellectually, you can know things for a long time. But I was driving back, and I thought, "Oh my God. I have forced everything in my life." Not now, but when I was looking back over the years. And I've known that. And that's why I don't do it anymore because I've rooted out a lot of it but it was still this feeling of, "Wow, look at how much energy you've put towards so many things." And it came because I feel a contrast in how I live. Not that I'm surrendering to everything, but I surrender to a lot of things. When it comes to-- maybe the universe has a better idea? Maybe I don't know why something is going on? Maybe I'm going to find out? And maybe it'll be different than what I think it will?

So living in that place of surrender a lot of the time, you can see this stuff will just come out of the blue. I was just driving home and it just hit me and I went, "Wow." But that's because I'm so attuned to my physical body and feeling where emotions are hidden. Because every time you've had an emotional reaction, your body does something. Pay attention to that.

Whether your teeth clench, whether everything tightens, pay attention. That's why I always say the physical sensations are locked up and they will help you to get deeper into your emotions so you can connect to them. And then you want to, again, go have a challenge. Your challenge is they have an emotional experience that is different than your comfort zone, that is going to take you somewhere you haven't been before, which is kind of frickin' exciting. Because for me, I'm having a relationship based on love, and kindness, and compassion with myself, and with everybody that I meet, and everybody I've been dating. And my God, that's been so much fun. I'm having a blast. And it's not because I want to date forever. I really am looking to date to meet somebody who I can have a healthy, happy, loving, kind relationship with that I'm having with myself. And it's so funny because things just change organically inside of you and how your patterns change.

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My patterns change a lot of time without me knowing. In other words, as I drop these negative patterns because I take different action and I've really gotten to feeling my feelings and all of that good stuff, I find that I do things differently without even trying. That's what's so funny [laughter]. I mean, just it's weird. It's cool. It's so cool. And it is once you feel your feelings, you can either breathe into your feelings, all right? A lot of people struggle with this and they go, "But I am." No. Because this is what I know. Most people who say, "Oh, I'm feeling my feelings and nothing's happening." You're feeling your feelings about something else. You're feeling your feelings about what you think someone else should be doing or thinking or saying. You're thinking about what they're doing wrong. Okay?

You, to feel your feelings, your genuine feelings, takes practice. Like, your real feelings that are not about another person, they're about you. Other people can trigger them. Great! But it's still all about you. So anyways [laughter], I got to page seven of my outline. Maybe I'll do a second part-er. Don't hold me to it though. But yeah, that is where I'm getting to because I'm going to have to get off the horn here, and I just want to wrap this up though with build your value through action. Build your value through feeling your feelings. This is how you're going to learn to trust yourself.

Trust comes, not from rules, okay? You know I've said that a million times, right? Not from rules, but trust comes because you don't have to rely on your patterns to live you find you can trust love. You can trust your feelings. You can be in the moment. It's amazing and when you are, oh my God, you just start trusting yourself. You're like, "I don't even have to worry about that or think about that. I know when I show up, everything will be okay." Like I used to overthink every situation before I would walk into it because I was afraid that my own pattern of self-sabotage, or my pattern of being a nice person and then forgetting me. Let me please you, screw me. I used to do that all the time, but that changed. It changed because I trusted myself and I say and do things now, like sometimes I'm like, "I cannot believe you just said that [laughter]."

And I don't mean in a negative way at all. Like when I'm talking to somebody that I'm just meeting and I'm thinking, "Maybe we'll end up dating, or going on a date or what have you," that's what I mean and I will just say stuff that I would never have said in the past. I'm so open and honest because I'm comfortable with it. It's not uncomfortable to me. It is just what I do, because I will not put a blindfold on and walk blindly back into the same patterns of engagement that I had with people in the past especially meeting men. I don't want those patterns. Those patterns were not me. They were meant to keep me safe in my comfort zone, whether it meant I was alone in my comfort zone, proving once again, oh, look at that. Look what you attract, blah-blah-blah.

And it's not them, it'd be me, right?, because I'm fulfilling that pattern. So you want to make sure that your patterns come back to you because it's your responsibility. It is not about being a victim, although your patterns will have you as a victim, and it's a great place to find, oh, look at that, I'm being a victim in this pattern because I'm always waiting, or I've always given my power away, and I want somebody to be different than they are. You make yourself a victim.

So when it comes to that, that right there to me is impetus to get the hell out of patterns that make you feel bad. So I will let you go with that, folks. I am now on page eight [laughter]. I said page seven, now I'm on page eight. Yep, yep, so I could go on and on. And people know when they get me in a discovery session, they're like, "I thought this was 15 or 20 minutes, Tracy." I mean, they don't say that, but I'm sure in their head they're going, what the heck?

I love talking about this stuff because I want everybody to get it because I want people to be happy. I want people to feel peaceful. I want them to not feel so pulled and yanked and hurt all the time by attachment, by every situation that they're attached to, whether it's a person, a place, a thing, whatever's causing them pain and not

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seeing their attachment they have to their own damn patterns. Because when you can see that attachment to your own patterns, you can change your life. All righty, folks. Have a good one. Thank you. Bye-bye.



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