



Simply Abundant VIP Podcast Group Transcript

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Well hello, there [laughter]. How are y'all doing? I have a really interesting topic today, the head versus the heart. And it is quite a topic for so many reasons, but I will say this first. If you believe you know what is going to happen, you are futurizing. And you see, let's say, an ending or anything in an absolute term, okay? You are doing the same thing you've always done. I just want you to know that your pattern is in your head on autopilot, and you don't even know you're doing it, but that's what you're doing.

If you instead say, "I don't know," or "I'm in the present moment," or "I am really being open with myself and feeling my feelings and being here," which leads me back to "I don't know," then you are breaking a pattern, okay? Otherwise, you're just controlling everything. You may not think you are, but you are. And, inevitably, whatever outcome it is you believe is going to happen, will happen, and probably, not how you want it to happen, either. That's the fucked up part of this, right?

So when it comes to head versus heart, many of us have no clue about what change actually requires of us, at all, okay? Most people think it's a change of outside circumstances. And as you've been listening, or maybe this is your first podcast with me, this is something I talk about all the time and how it really isn't true. And this is not a simple concept because most of us do not want to do the one thing change requires: surrender. We don't want to surrender.

The other things we don't want to do: let go - letting go is big - and accepting things as they are. Now, I say these terms, and that is the simple part, saying them and recognizing them. Yeah. But there's a ton of steps in between that lead to change from being stuck, and that is the truth. So, so, so, so. Yeah. So [laughter] all of this, as I said, is simple, and letting go, acceptance, and surrender are huge statements, and there's so many nuances, and there's so much you miss because we stay in our heads because we're always trying to figure it out. We're always trying to understand.

I have a client-- I've had many clients, actually, that I'm going to describe to you. And the beauty of what I do when I share is I'm never just talking about one person because I've had so many of my clients say, "Were you talking about me on that podcast?" And I'll say, "Not really. Maybe certain components of what you're going through, but I have enough people or have worked with enough people that there is plenty of material and my own material [laughter]". Trust me on that one, oh boy. Yep. This has been one of my harder lessons, that's for sure. Head versus the heart. Big one, okay?

But anyways, let me get into the whole thing with a client. So this client started dating somebody after a long time of not dating somebody, and that happens. I have clients who are avoidants, and I have others that are serial daters, but they're still avoidants. And what was happening is she was taking everything personally that this guy did. And now this is the funny part, of course. Because this is how we don't realize our head gets so in the way of everything. If you asked her what she really wants, she would say she wants to get married. And yet, her actions don't support that. She finds everything wrong with him, right? She's got a checklist and he does not check the boxes. He checks some of the boxes in terms of superficial things, and she didn't really have a checklist of things on

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a deeper level. Although there's an expectation, right? We always say we want a kind, loving person. Most of us do, right? And yet, she has that in front of her, but there's a whole denial about that, and so she focuses on what she doesn't want when it comes to this person because her head does not want a relationship, even if her heart wants it.

So she's going to find many reasons to be mad or to distance herself from him. He's not perfect. He's not an ogre, either. He has flaws. He knows he has flaws, and she beats him up for it. And yet she doesn't because she's working with me, so this shit stops very quickly. Because it's not about the other person. It's always about us. And it's how you're going to come into a relationship with anybody, no matter how long it is. If you're in with your head, you may as well just put a tombstone on it. Because your head is going to steer you where it's always steered you. So if your relationships haven't worked in the past, guess what? Probably going to have a very similar relationship.

Because it's not about the other person as much as, of course, having a relationship includes another person, right? And so you have to be aware and it is hard. Trust me. I've had my own struggles with this. To really be in the moment with yourself and understand that when you futurize, like I said already, and you tend to not be in this moment, that you're going to recreate so many patterns without even knowing you're doing it. And then you're going to have a trigger happen at some point that's going to throw you for a loop and then the worst possible scenario, which is what you probably already thought would happen, will happen.

The truth is, when we stay in our heads all day long and take people personally, we stay stuck in misery. You can't change anything. Change won't happen that way. It never, ever can. Because what you're looking for is some way out of feeling how you feel. It's like I went to dinner with a couple of my kids the other night and what was interesting is we ended up at a restaurant - it was a brand new restaurant - and my daughter thought it was going to be completely different than it was, right? And it was very cute in terms of we could to see her. She was really getting angry, and I'm being cute because of how my son responded and how I responded because she was so disappointed, and she has a lot of trouble handling her disappointment. She has always had trouble with it. She doesn't process it well.

And so she was really disappointed, and so both he and I were like, "Hey, we can go. We don't have to stay here. We can go somewhere else." And she wants to take her disappointment out on everybody. That's what she does. She starts taking everything personally, and the disappointment is personal because the restaurant didn't have this menu that she thought it was going to have, okay? So she's heading down the road of, "I'm going to be angry, and I'm going to alienate everyone." Okay? And I could see it. And as far as I went and my son went, we were both just, "Hey, it's not a big deal. It's okay. We can go. It's not what any of us thought it was going to be, but we don't have to stay."

And so, and we were telling her this, and we weren't giving her a hard time. We weren't telling her to get over it. We weren't being jerks to her. We were just being open, and the more open we were, and she's getting angry, and we're like, "Hey, we're willing to work with you here. We're willing to do whatever it is you want because we don't have any sort of attachment to this." And so it was funny. It was like watching her work through this disappointment, which in the past she might not have, or she wouldn't have [laughter]. She wouldn't have. And it's the same thing in everything, right?

So the long story-- I mean, the long of this is the dinner itself was great, and she actually enjoyed it, and she actually got free wine [laughter]. It was really funny. And I said, "Look at that. What a gift." And so she worked through it, right? But if you would have asked her when we arrived and she looked at the menu, it was like her whole world fell apart because she determined this wasn't going to be good. And we do this with everything. We

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get in that predetermined, "I'm going to have a shitty experience. I'm going to be miserable," instead of losing that whole ego part of you, right, that has to feel bad.

That your head's telling you, "It's time to feel bad. Time to feel like shit. You're not getting your way," or whatever. And instead, you soften, right? You get in your heart, which she did. I don't think she knows that she did, but she did, and it worked out. And I stayed there, and my son stayed there, and it was really cute. She even had food in her hair [laughter], and I'm like, "Oh, you have food in your hair." She was sitting across from me, and he was sitting next to her, so he got the food out of her hair. She didn't like how he got the food out of her hair, but he got the food out of her hair. But it was just a very sweet evening.

But my point, again, is it could have turned into, "Oh my God. She's doing it again," or, "Oh my God. Why does it always have to be a drama?" or "Oh my God--" you know? It wasn't any of that. So it was really cool. And you do this. That's why this isn't just about intimate relationships. This is about all your relationships because, in all your relationships, you have to have some flexibility. If you're completely rigid, then you're going to have a lot of trouble in your relationships, and then all you have when this happens is a choice. You have a choice to engage or not engage, or we have a choice to get out, too.

I mean, obviously, if it's a family member, you do have a choice of, obviously, you can't disown them - I mean, you could - but being real, you're not going to. It just doesn't work. You may not talk to them again. That's your choice. We always have a choice, right? And a lot of times, we put the choice on someone else when we're in our head. When we're in our heart, you really do own your choices. You own your flaws. You own how you feel, and you don't blame everybody else. But so many of us, we blame the other person or we make the other person the problem. And that's an example of how your head rules. And your heart, of course, is blocked by fear.

There's no surrender. There's no acceptance. There's no letting go, and therefore you create problems to focus on rather than love to focus on, totally. And we do this to varying degrees, especially when we don't have a heart connection, and therefore we won't take risks that are emotional. And I'm talking about a heart connection to yourself. You won't take emotional risks if you don't have it. You're completely freaking blocked. How can you? So to create true change, you have to take emotional risk, even if it's a work-related part of your life, in any part of your life. And this is hard.

This is stuff that I have to really be aware of in myself when I want to make change, or I'm going for something new, or I'm allowing. And this is in love. This is even in my work. And I just surrender. I've gotten really good at surrendering. I have, not that it's perfect [laughter], and it will never be. But I tend to surrender almost all the time because I don't want to fight life. I don't want to fight with my head. It just feels like shit to get in a battle with yourself. That's how most of us run around, in resistance all the time. "This is how life is. I hate it. I don't want it." And then we just focus on that and we're in resistance. We don't even feel our feelings that way. We are so fucking blocked. So we won't take an emotional risk. We want other people to take an emotional risk.

If we're dating somebody or in a relationship with them and it's long-term, we may still want them to take the risk. And we'll go, "Oh, okay. You'll do it. Maybe I'll do it. Or maybe I won't do it." It really depends on how connected you are to yourself. It is not about the other person. And so we will complain. We will wait for that change to come outside of us, and then we might go, "Oh, okay. Now I can take a risk." Right? It's like knowing you have money in the bank before you actually do something, and sometimes you can't know how it's going to turn out. Sometimes you're going to go, "Oh. I've got to let it go. I've got to let it be. I'm going to do this action over here because I want to, and then let things be whatever they're going to be." And that, to me, is fun.

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It becomes an adventure when you start saying, "I don't know." It becomes an adventure when you get the hell out of your head. When I feel fear, and I know I do, I will connect to myself, okay? I always do. So if I wake up in the morning and I feel fear, or I feel like, "I don't want to do that," or, "I don't want to be in this situation," or anything like that, I know it's my head. You hear those words, that's your head, it's not your heart, okay? Your heart doesn't speak like that.

And I will drop my focus into my body and sure enough, there is fear sitting on my chest or twisting in my gut. A lot of times we ignore this, by the way, and we don't even know that that's what's going on. And so you want to feel those feelings. It's really important. Because what I find when I feel those feelings is a deeper, wider space underneath it. It's a deeper, wider space where I feel trust, and I feel safer, and I feel a sense of connection to myself. And I realize I can take the emotional risk, and that's really cool. It makes all the difference in the world.

Because when you can do this with yourself you will create change. You won't be stuck. Every day. If you do this every fricking day, whether it's you wake up this way or go to bed that way, where you're stressed or, "No, I can't do that. No, I don't want that. No." You're resisting reality basically, okay?

Or you're deciding you want to break up with someone, or you don't want the relationship you're in, or you want to be single, you don't want to be single. Whatever it happens to be. Whether you hate your job, you don't hate your job. Whatever it is. You want to step out of that resistance and the only way to do that is to feel the fear that's driving it. You feel that fear. You let it come up. You get into it. You can breathe through it. You can ask it questions. But you've got to have that connection with yourself, or you're going to make - I don't want to say mistakes because mistakes are just lessons to me - you're going to make more lessons for yourself because your head is an operating gear. It is what is driving you.

And your heart, who knows where the hell that is when you're disconnected. So you want to connect because you want to challenge yourself. You want to challenge your long-held patterns and beliefs, or you're going to be stuck. I'm telling you. It doesn't matter who shows up in your life. You will stay stuck. I promise that, and I know it from my own experience. And it's a painful place to be if you blame anything outside of you. You will stay in pain. It's crazy, isn't it? It's crazy because what I really love about this work is the amount of self-responsibility that happens, makes almost any situation easier once we get past our ego, once we get past our bullshit. An ego being all of these patterns, and beliefs, and how things have to be, being totally rigid about shit. It really doesn't do anything for you. It doesn't do anything for any of us because all it is, is it keeps us stuck in the same old belief system.

So most of us, when we want to change and we don't want to take an emotional risk, we freak out. We freak out quietly. We freak out out loud. We want change outside of us to make it okay so we feel okay inside and it just doesn't work. And as I repeated [laughter] I don't know how many times, because I'm not on a podium. I'm not on a pedestal. I'm not a freaking guru on top of the mountain. I speak from my experience, and my client's experiences, and observations that I've made, and how change really does work. I've experienced this in my own life. I speak from personally going through this. So many different ways. So many different times.

And the beauty is that vulnerability is key. And it's scary as fuck, especially when you're used to shutting things down like my client, right, that I was describing earlier. Where she's already shutting down. She's already thinking about what it is she wants or doesn't want. And it has nothing to do with what her heart wants. It only has to do with what her head wants and the checklist she had in her head that is really a waste of fricking time. I mean, obviously, nobody wants to go out with someone abusive or that we don't get along with or have anything in common with, or no chemistry of any sort. You have to have some kind of chemistry. And I'm not saying overwhelming crazy chemistry, because you can refer back to my podcast for that. But that you want to have things

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grow and you're not going to know how they're going to grow if your head is always micromanaging. If your head is always determined, "Hey, this is going to be temporary."

She said to me the other day, she's like, "I'm not going to marry this guy." I'm like, "Okay. You've only been going out with him a very short period of time and you're already futurizing and therefore, you've already given an expiration date to this? Well, why would you do that? Well, so you don't have to have both feet in. You don't have to commit. You can treat this as temporary. You're going to be moving on. So when you do shit like that, guess what you do? You create an ending. You. Not the other person. You. Because you're going to manipulate and manage the situation to fit that outcome. You may not think you are, but I guarantee if you watch how you show up or don't show up when you make statements like that, that's exactly what's going to happen. And your head is going to fuck you once again, because it's staying stuck in the pattern." So then she could walk away and go, "See, I'm alone again. See, I'm always alone. Nobody wants me." Literally, we will do that [laughter]!

That's why it's so important to get in your heart. And of course, because she's working with me, we had a little bit of a conversation about that, right? About being in the moment. About putting both feet in and being committed right where you are. It doesn't mean lifelong. Who the hell knows? But it means today, if you're deciding you're going to be with somebody, be there. Date them or whatever. Be in the relationship with them. One foot in, one foot out... inevitably, you may stay stuck there for decades. You can. You can date somebody, or-- I'm sorry, be married to them one foot in, one foot out. Your relationship will never feel good because you're not in it. Again, because we put it on the other person and we're waiting for them to do something or not do something or what have you, and we can't figure out what the hell our problem is.

And again, we're usually looking at the other person to blame when it really has to do with us. Because change doesn't come without emotional risk. If you think it's changed because of the outside-- and I know I've said this. I said this already, said it probably in every podcast. That you're deluding yourself if you think it's outside of you, and I wish you good luck with that. If you're waiting for your husband or wife to change, good luck with that because if they change and they truly change, they're doing some internal work. If they're doing it to appease you, it's not going to end up being permanent. It just won't because they're going against themselves to please you, right? To manipulate the situation.

Now most of the time, people are not flexible in relationships because they feel their needs aren't getting met, right? And you have to look at how much you are meeting your own needs. A lot of us aren't even meeting our own needs. We are bullshitting ourselves. So what ends up happening when we think it's all about the other person, really the fickle finger of fate is going to rule your life because you're going to be trying to control and exert all that energy to what is outside of you because of your head. Your head is full of fear, and that is the problem. Your past experiences want to stop you so you stay safe and miserable. Yeah. Isn't that fun? Your head doesn't care if you're miserable. It cares if you're safe, and when you experience panic or any uncomfortable feelings from the past, meaning that's what you felt in the past, your head, your subconscious, doesn't want you to repeat that. It wants you to stay safe because it really is about staying in the comfort zone.

Now, if panic and uncomfortable feelings are your norm, all right, that is safe to the comfort zone. That is. I have noticed that myself. Like when I find a familiar feeling and now I know what that means, like if I'm dating somebody, and I'm feeling this feeling, and I go, "Oh, look at that," now because I have awareness, I recognize what that is. Oh yeah, I do. And when I do, I always challenge it.

It's scary to be vulnerable and honest with yourself, and then to be that way with another person, if that's not what your head usually has you doing. When your head's micromanaging it keeps you small and safe and you never get

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anywhere. You just keep repeating. Your head's going to give you a million reasons why something's wrong or bad, and here's the deal. Your heart's going to do the opposite. Your heart is about freedom. Your heart is about openness. Your heart is about expansion. Your heart is about feeling good. Your heart is about living, not surviving. Your heart is about connection. Your heart is about why not?

This is what the universe has brought me. This is what is in my life right now, this moment. I'm going to accept it all and I'm going to let go of my bullshit around it. Because that is what I do every day. That is what you have to do. Otherwise, you're living in a fear-based brain [laughter], the fear-based voice in your head, and it's the same shit delivered differently. We're that smart. Like I said, a million different excuses. And, well if that changes, or this changes, or he does this or she does that that, he says this, she says that. Whatever. Well, I don't know if I like him. I don't know if this person's right for me. God. Why couldn't they be taller or shorter? Wider or thinner [laughter], you know what I mean? I'm trying to think of other dimensions. More triangular [laughter], I don't know. You know what I mean?

Well, they're not shaped like a rectangle, what the hell? We really get into this and it's they had the wrong color hair, the wrong color eyes. They speak funny. They walk weird. They chew with their mouth open, although that would be disturbing to me [laughter]. But literally, we have all of these reasons, or, "He's just not what I pictured." Again, going back to my client, that's been a big part of it, what she pictured for herself, not him. And also, there's other things she has hanging in the balance and for her - and this is a lot of people - the things she has hanging in the balance, it's like her brain wants to solve the problem and say, "Okay. So I'm going to shut this down over here with this person. And then all the other stuff I have hanging in the balance, I can mentally manage that." That's what we do. We mentally want to manage our lives and make it all neat and clean. And then it never is because our emotions fuck all that up, right?

You make all these mental decisions that have to do with things that you feel emotional about, and then you can't figure out why you feel all jacked about it because you just ignored it all. But that's what she's used to doing, but she's catching these patterns she has of, "Oh. Wait a minute. Because I have to make a choice at some point about certain things that I want for my future, it would be easier for me to discount this instead of just being in the moment with all of it, and surrendering to it, and accepting things as they are, and letting go of preconceived notions," and letting go of what your brain thinks is right because your brain is just repeating. You're pressing repeat.

I'm getting all excited about it. Can you tell [laughter] you just keep pressing repeat over, and over, and over. And that's the truth. So it doesn't matter what comes into your life. It's like people that win the lottery. I know I've used that example. If their brain is in charge, and they have struggled with money, they're going to still struggle, guaranteed. Bigger amount does not mean anything. They will lose it all, or they'll do whatever they did before because those autopilot patterns are in our heads, and we can spot them, all the time.

Whenever you think you know, there's a big clue: "Wow, I think I know. I'm managing this." And we operate in that fear. Oh, my God, what about when you are in a relationship, and you feel like you're going to lose that person? You're operating in fear: "I'm going to lose them. I know I'm going to lose them at some point." So you operate in fear. Everything you choose to do is from fear. And so that never goes away. You may get a reprieve from it if that person's nice to you, or reciprocal, or what have you, but, otherwise, you are stuck in that jacked-up place.

And, sooner or later, the demise will happen of that relationship. When you let go, okay, and you go internal, and you start communicating what is honest, and what is true for you, you can totally change everything because you can start to feel more confidence. Because when you do speak your truth, even though it's scary as fuck, you are

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setting a precedent with yourself. Remember that. And again, your truth is not about what the other person is-- yeah, I have air quotes, "making you feel," okay it's about how you feel, it's about your truth, it's about being vulnerable. That grows your confidence. That grows you. It grows you in a way that challenges those shitty-ass beliefs you have that are on autopilot, running your life and making you miserable and feeling like you're stuck.

So your head, fuck it [laughter]. If you don't want it running your life and doing the same thing over like it's Groundhogs Day once again, then you sink into your body and you feel those feelings in your body. Because they're there, and you see what's driving you. That's what you're going to find out. What's really driving me? What am I really afraid of? Oh, my God. I'm afraid that if I let someone get close to me they're going to find that I'm a fake or a phony. Oh, my God. If I let someone get close to me I'm going to disintegrate into a million pieces of sand. Or a million grains of sand [laughter].

But that's what we have is that crazy fear. And you want to know, what is it I'm really fearing here? But most people don't do that and, therefore, they stay stuck, and they complain, and they think it's something or someone else. And as I said a bazillion times before - I wonder how much bazillion is - it's always you though. Always. You're the center of your own universe and as long as you keep trying to change everything and everybody, your head is winning, but it's really losing because you're not progressing. You're staying stuck.

So if you're in a situation you don't like, perhaps what you need to do is look at why. Why am I here? I don't want to hear the topical stuff. I always tell people this when I'm doing session because they'll start talking about the topical crap. Well, I'm in it for the money, or I'm in it for safety, I'm in it because I've got kids, I'm in it because I can't let go. Why can't you let go? "I don't know. I just can't."

When you stay at that level and you're not going deeper, then you're not doing yourself any favors. And for most people, they have to get past those sort of things, otherwise you will stay stuck. So look at the why. How are you acting? What are you doing to perpetuate the situation? So many of us go into our jobs or situations that are causing, as we think, us grief, but we're not looking at how we're perpetuating it. We're looking at the other circumstances, what we don't like about it.

Again, whenever you find things you don't like, look at how you helped to create that situation for yourself. You do it because it's familiar, okay? It is familiar. You've done it in the past. You're doing it again. And, again, we're waiting for something outside of us to recognize that we either don't deserve what's happening, or it's going to confirm that we are just this miserable and we should stay this miserable. That's how unconscious most of this shit is.

So if you want to change your life, feel your feelings and act on them. State your truth. Be real with yourself. Be willing to challenge your rigid rules. Oh, my God. Please challenge those, please. Holy shit. That is such a-- it's like having a lockdown in prison, okay? Your rigid rules will destroy you. They will make you bitter as you get older because nothing in life, nothing, needs rigid rules when it comes to your emotions.

Okay talking about your emotional state. If you have rigid rules around your emotional state it's like you've boxed them in and you're waiting for some miracle of some sort - because that's what it's going to take - to get in there and make it all okay and safe. But nothing outside of you can do that. Only you can. And we'll stay there because we like to keep it unconscious. Most of the shit stays there. Because for people to do anything you have to have a different experience. And to have a different experience requires you to get deep and feel your feelings. And it's not even that you're getting super deep. Because I know if I drop my focus right now and feel my feelings, they're right there.

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And you have to keep experiencing this every day. You have to keep going. I'm going to make sure I get up in the morning and feel my feelings before I go to bed, and any other time in the day. It doesn't take long. It really doesn't. And then it's to say, "Well, if something doesn't work for me I want to know why. Why am I having that preference? Why am I saying, from my head, 'This is how things have to be?' Instead of 'What does my heart want?'"

I love feeling that deeper, wider space and that opening because it makes me trust myself more. It makes me trust myself that I'm going to be okay no matter what happens. It means looking at a situation and going to what seems familiar about it, and then asking what is it that's familiar and why am I, let's say if I'm freaking out, why am I freaking out? Because the familiar is the clue also. What's familiar here? What seems to be happening again, and why am I freaking out? Oh my God, I don't want that to happen. Oh my God, I can't have that happen.

I had a client who was telling me all of these fears she had, and they're all these like, "I'm going to die alone. I'm never going to have kids. I'm never going to get where I want to be in life because I'm always going to stand in my way." And what's fascinating is, most of us, we have those kind of fears, but we don't even know what that means. So imagine yourself with all your worst fears. Feel your fears and then accept your fears. Say, "Okay," to them. All right. I'm going to end up alone. So once you accept them, they don't rule you.

And this is an emotional thing, not a mental thing. I have emotionally accepted all of my fucked up fears, at least the ones I know of that are related to some screwed up beliefs that I've had. And I have to keep doing that at different levels, right? Because the more I do it, what it ends up doing is it releases me. Because it makes me go, "Okay, so if that's the worst case scenario, can I have fun right now, then? Can I just allow myself to enjoy my life right now?"

If that fear is inevitable, that I'm going to end up with 500 cats and me in a studio apartment, living somewhere that I don't want to live, right? I'm going to end up there. Can I just have fun right now, then? I mean, shit. I may as well try and enjoy what I have. And that's acceptance. And that's saying, "Okay. It's there." What ends up happening when you have that and you actually challenge the belief by doing this because if I start having fun right now, guess what I'm doing? I'm changing my life. I'm having fun, regardless of the circumstances, is my point, which means it's coming from the inside to the outside.

The outside is not controlling me, and my head is not controlling me with this stupid outcome of, "I'm going to end up [laughter] a cat-herder." Okay. So then, I end up a cat-herder. But, meanwhile, I'm going to go have fun. And so what happens is you're challenging the belief because you find the belief starts to fall apart, as you are enjoying yourself, and you are putting yourself out there. And you're being honest, and you're being open, and maybe, you're telling everybody you know, "I'm going to be a cat-herder." And then, everybody's thinking that's funny, and you're thinking it's pretty funny because you start to recognize how ludicrous these beliefs really are, and how they've been controlling your life. And you've been living in this small, little way because you've been afraid. And then, your heart is so expansive, and so happy, and so open because you are living. Yeah. Living, yee-hee!

So the subconscious is what is tuned into keeping things familiar and keeps us in a certain kind of dysfunction because it's familiar, because it's safe. So it's, also, tuned in to when I might have to be vulnerable, and that's scary, too, because it'll bring fear: "No, don't be vulnerable. Don't be vulnerable." But I do it, anyway. But if I don't, then I create big problems, on purpose. And that is what I grew tired of... way tired of. I don't have the energy for it anymore. I find that if I start to do anything in this capacity I just stop. I'm like, "Oh my God, that sounds so exhausting. I can't even do this." Doesn't mean I catch myself all the time, but I usually do somewhere in there, whether it's at the beginning or the middle. Or sometimes at the end. I look back and go, "Wow, that could have

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been different." That could have been different because I could have chosen to actually feel what I was feeling rather than getting outside of myself.

Like with my daughter at dinner I could have handled that so differently. I could have made that a big drama with her. I could have got irritated with her. But I just didn't want to. Because I thought, "Why? This isn't my problem." I'm not going to make it a problem because I don't have a problem. And that is how you want to live in your heart. Because I said to her, I go, "I know you were disappointed at some point the other night," and she's like, "Yeah, I am." Right? Because she was. And that's okay. Because she really wanted to have this certain kind of food and this wasn't [laughter].

We went to a new Mexican restaurant and she was expecting chips and guacamole but there was none, zero, because it was not like that. It was more, what do you call it? A new twist on Mexican food. And yeah, it was small plates and yeah, just the whole thing, not what she imagined. Anyway. I wanted chips and guacamole too, but I was like, "Whatever. I don't care. It's an experience." So that's what I mean. That rigidity, right? You could have made a whole horrible meal and we didn't so you're not going to find perfect in the world as long as you see it through the old eyes that you have, which have no concept of flexibility. They have no concept of challenging your own beliefs.

And I always look at life as though I am the common denominator in all of my experiences, and if I'm repeating situations, it's not because life is making me do it. It's because I'm making me do it. My head. Yeah. And I look for the fear when I find that. "Okay, Trace. You got some fear going on." And it's run my head and I'm really, like I said, not interested in that, nor are my clients that work with me. And so it's about getting in the heart. Because it's been a stupid gauge for a lot of my decisions when it comes to anything from relationships to where I work to where I live.

Holy crap. I mean, it's just like you're listening to something on repeat and you keep making the same things because you think it's about - again, I know I say this all the time - but you think it's about the job, right? Well, this job, this one sounds great. But you really aren't checking into it with your heart. Because you're looking at it through your head. Well, it's going to be this kind of money, it's going to be this title, it's going to be these responsibilities. And you may just discount how you actually feel. You may feel a sense of dread, but you're just saying, "Ah, no. This job's going to be a winner because of those other factors." And then you get in there and you're like, "Oh my God. I don't like this culture. I don't fit here. This isn't good. This isn't inspiring." Blah, blah, blah.

We do it all the time. And this has to do with your personal preferences that absolutely are painful because they're small and limited, and when you're in a small and limited place, you're not surrendering and that's the best time to do it, is when you're in that limited shitty place. Surrender. I know I've mentioned this before but when I find that I don't like something, or I don't want something, or I'm not happy with something, I no longer analyze how to fix it or how to run from it. Instead, I drop into my body and I find my worst fear. And I always find it. And I sit with it. And I question it. And I have not a conversation, just a feeling-fest. That's really what it is. It's like, "Just feel it, Tracy," right?

And as I feel it, it opens up space for me to act vulnerably. It's so natural. It's so organic. And it's getting the hang of doing it. And of course, somebody asked me recently, "What's the difference between listening to my podcast and coaching with me?" And I said, "Well, you can apply a lot of this with the podcast but the thing is when you're working with me personally, or one of my coaches personally," which I have other coaches now, "but when you're working with my coaches too, what you're going to find is that they are seeing a lot of the stuff you can't see on your own." We can only see so much on our own. But you have somebody who can see things at a deeper level who knows what to look for, who knows what triggers are, who understands belief systems, and patterns, and all of

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that crap. And when I'm looking at someone individually I can pull things out that you can't pull out on your own because it would take you-- I shouldn't say can't. It just takes you longer.

So for anybody who's wondering what the difference is. So when it comes to the head versus the heart, even if you have somebody in your life who's willing to help you do this that would be great, because to say, "Hey, it seems like you're getting in your head there." Right? You have a good friend who can tell you, "Hey, you keep saying this and then you're saying that, and those are two different things. Which is it? Are you operating from fear? It sounds like it." You can have someone help you, at least at that level. It's not the same thing as coaching but if you can find a buddy to do that with, it will help you. Or the person you're in a relationship with. Not that they have to, but perhaps they'll want to. And if you're interested obviously in working with me you can schedule a discovery session on my website. It's easy to do. And that's pretty much it. So get in your heart. It is fucking awesome in there. All righty guys, have a good one. Bye-bye.

ACTION ITEM

Getting out of your head is tough because you're used to letting it lead the way, but living from your heart is where the fulfillment of life comes from. It is SO much better than living within the rigid rules and limited perspective your mind allows. Moving from your head to your heart can be challenging because it's new (which your subconscious doesn't like), and it takes repetition, but the payoff is tremendous.

This week, start small. When you wake up each morning, before you jump out of bed, do an emotional scan of your body. Take no more than five minutes to become aware of how you feel. Are you anxious about the day ahead, or fretting about a decision you made yesterday? Are you well-rested or do you feel "blah"? Are you excited to start the day or do you just want to get it over with? This isn't a mental exercise so I don't want you to ask your head to answer... I want you to feel your emotions and explore. Notice if you have any tightness in your body. If so, where? Just pay attention to it. The more you observe, the deeper you'll connect with your feelings. Just remember... every day you have a choice. You control your perception. If you wake up on the "wrong side of the bed," you can bet your entire day will be crap, unless you change it. Unless you open yourself up to the possibility of a great day instead of deciding from the get-go it'll be bad. And no, that's not a head decision. If you feel it and believe it, it's a heart decision. And you can make it every day.



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