

THE  
**SOULUTION**  
TO YOUR  
*Baggage*

Take Control of  
your Inner Voice



**KERRY LEE SMITH**

# THE SOULUTION To Your Baggage

*Take Control of  
Your Inner Voice*

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## **Introduction**

Have you ever noticed that there's a nagging voice inside your head feeding you all sorts of commentary? Sometimes it asks you questions. Sometimes it speaks positively and sometimes it speaks negatively. Are you aware of this inner voice at all? I am here to introduce you to this voice because it is the reason that you're either happy or unhappy – simple as that.

*Why can't I ever follow through?*

*I am tired.*

*Why isn't he giving me what I want?*

*Seriously, he is constantly picking fights with me.*

*I feel fat.*

*Why am I always thinking about food?*

*Why isn't he asking me to marry him? I'm over it.*

*Gosh, why did I eat dessert?!*

*Now I've got to work out twice as hard tomorrow.*



And you wonder why you're struggling in life...

Would you ever hire a radio to be the CEO of your company? Of course you wouldn't — that's totally absurd!

The radio doesn't have any training. It doesn't understand business, doesn't have the ability to connect in relationships, and gets locked on a channel, staying there until you change it. Welcome to your inner dialogue.

You've hired a radio to be the CEO of your life. It's time to change the channel to a radio station you want to listen to and become the broadcaster of your life.

My goal is to teach you why your mind is constantly rattling off your deepest insecurities, why your baggage haunts you multiple times a day and why you just can't seem to 'get it right' with the relationships in your life. Not only will we explore why, but we'll also get into the SOULution as to how you can start to shift these relationships. We'll talk about how you can unpack your baggage, how you can train your inner voice to work *for* you and not *against* you and how to thrive in every relationship in your life.

Your relationships are correlated to the quality of your internal dialogue. It's time to train your inner voice so that you can experience thriving relationships. Your life will be full of unlimited amounts of love and joy. Through this book, you will learn how to live a life to love!

## Your Baggage SOULution



## **Chapter 1**

### **5 Steps to Emptying your Baggage**

#### ***Step 1: The Unconscious Carousel Stop Living in Oblivion***

There is a baggage carousel spinning around in your head. On it is your unclaimed baggage, which forms a voice in your head. That voice is your internal dialogue, and it rarely stops talking unless you take control of it. You must wake up to the fact that you have baggage to claim, so that it no longer has the ability to keep spinning around without your awareness. The baggage claim needs to be brought to the conscious mind.

Relationships all begin and end in your mind. People with baggage still on the carousel experience roller coaster relationships because their minds are on autopilot. If your internal dialogue is on autopilot and stuck on repeat, it's very difficult – nearly impossible – to create and cultivate thriving relationships. Your baggage is circling around on a

carousel inside your head telling you things like, “You’re not good enough,” “You’re far from lovable,” and “You’re so stupid.” When you have internal dialogue like this, it’s more like internal diarrhea than true dialog. And most of us believe that voice, simply because we don’t realize we can claim our baggage and stop the nonsense.

Have you ever noticed that your inner voice can take either side of any story? The voice inside doesn’t care which side it takes; actually, if you listen closely, it takes both sides. It’s like the angel and the devil on your shoulders, and they can switch shoulders at any time.

**The voice can affect the relationship you have with yourself.**

*Wow, it’s so nice outside. Go for a run!*

*Eh, I don’t really wanna go for run.*

*GO! You’ll feel so much better.*

*I don’t know. I only have 45 minutes.*

*Oh, just go for a run, you always love how you feel.*

*That's true, I do. So go!*

*Mmm, I don't know!*

*GO!*

*Eh...I'm not going to today.*

**The voice can affect the relationship you have with yourself and/or friends.**

*Dang, I'm driving carpool again! Seems like I'm always the one driving. Why don't they offer? I guess I could ask... Oh, forget it – it's easier for me to just do it. Gosh, I do everything for all the kids. I drive 'em, I feed 'em, I play with 'em. Can't another parent offer to be a parent? I'm so tired and I need time for me.*

**The voice can affect the relationship you have with yourself and your partner.**

*Why do we always have to do it his way?! Doesn't he know I have feelings and I have a life too? Can't he wait for me to put my shoes on? God, he just leaves when he's ready! I just need a little*

*attention. He's so insensitive, actually super selfish. All he thinks about is himself. Can't he just see that I'm sad inside?*

**Or another example:**

*Oh look, there's his journal. I wonder what he's saying about me. If I just read it, maybe I can help. Why'd he leave it on the table like that? What am I supposed to do? It'll just take a second.*

[Picks up journal and reads it.]

*Oh my god, I should have divorced him earlier — I can't believe I'm reading this. Is he out to get me? Oh, he's got another one coming. Shit, should I have read that? Oh my god, what if he finds out I saw it? He can't find out; there's no way. I mean, I have every right to read that. Right? Oh my god, maybe I don't. I shouldn't have done that. I'm such an idiot. Damn, now he's gonna be mad at me. But he's the one in the wrong. He's the one who wrote it! His journal was just sitting there. What was I supposed to do?*

## **Do you see how your inner voice creates internal and external confusion?**

### *Kerry Lee Keepsake*

*I became painfully aware of my inner voice once when I really wanted to eat a cookie. I was feeling anxious and guilty all at the same time, and I hadn't even eaten it yet. These feelings were triggered simply by my thoughts.*

*I got very still. I could hear my inner voice arguing about eating the cookie. I could hear that the voice was on both sides of the story. There was no rhyme or reason; it actually was crazy. The voice just chattered away.*

*"Eat the cookie, you love chocolate chip cookies!"*

*"It's not worth it, don't eat it. I am sure it's not that good."*

*"Just eat it! My goodness, it's just one cookie."*

*"You will feel bad about it later, but they are fresh baked."*



*On and on the chatter went.*

*I decided to eat the cookie. And the voice continued.*

*“Why did you eat the cookie? You never feel good when you eat gluten! You shouldn’t have eaten it. Your energy and mood are going to pay the price.”*

OMG – the guilt my inner voice was trying to lay on me was incredible! I could not believe that I had a voice that wasn’t looking out for my well-being. This voice gave me poor advice then tried to make me feel guilty for listening to it. Let me repeat, *my* voice was making *me* feel guilty for doing what it just told me to do. Now, that is one screwed up internal diarrhea. It’s a constant inner battle. This experience convinced me that it was time to take control of my inner dialogue.





## ***Step 2: Claim your Baggage Awakened Awareness***

The sole job of the inner voice is to talk and talk and talk. It's not looking out for your best interest or anyone else's. Your inner voice is like a computer that spits out data, with no connection to what the data means or how it relates to anything else. It's just data. Would you base your life on a piece of data that has no research or connection to anything? No!

The moment you realize that the sole purpose of your inner voice is to talk, you can begin to quiet it and train it. This is awareness awakened.

When you step back and become the observer, you experience clarity and peace of the mind because you realize that you are *not* your inner voice. Your decision-making improves, and you create more happiness in your life.

Imagine an old-fashioned record player that is stuck in the same groove and keeps repeating the same words over and over and over. You would not listen to the nonsense of a scratched record – it would drive you crazy. The voice inside your head is the scratched record, and it has hypnotized you to believe that you like the sound. For the sake of sanity, snap out of your delusional daze and pick up the needle so the song can play clearly.

If you experience a voice inside your head that spews out chatter without any awareness or training, I can assure that you have had, may be in and/or will be in relationships that “suck” in the future. Your relationships “suck” because of the untrained chatter in your mind. This voice will repeat the phrases, “I’m not good enough,” and “No one loves me.” Your mind will believe that voice. The follow-up question to those thoughts is usually, “Why?”

“Why” is the question of power or pain. When you ask yourself something like, “Why aren’t I good enough?” your mind will indeed answer the question, so pay attention to

what words follow your “why.” The words that follow “why” will either empower you or cause you pain.

**When you ask a negative question, you’ll get a negative response:**

*Why am I unhappy? Because I can’t pay my bills.*

*Why am I so stupid? I think I am because I have trouble spelling.*

*Why am I fat? Because I never work out.*

*Why doesn’t my husband ever listen to me? Because he’s selfish.*

Turn your negative, painful questions around and empower yourself instead.

**When you ask an empowering question, you get an empowering response:**

*Why am I happy? Because I just finished a great workout.*

*Why am I intelligent? Because I believe that I am.*

*Why do I love my body? Because my body walks me where I need to go.*

*Why am I so lucky? Because I have a husband who respects me.*

You can see how powerful these inner conversations are, so if you hear negative auto-repeat thoughts, stop, interrupt the inner voice and replace your thoughts with an empowering phrase or question. Train your inner voice to lift you up by choosing words that bring you happiness.

Remember, happiness is your choice at all times. Choosing happiness leads you to the experience of joy. Happiness is a feeling. Joy is your essence.

*If you only did this one thing – if you started shifting the questions and commentary in your mind – how would your life change?*

*This single basic concept can start bringing you ever-new joy,  
TODAY!*

Once you realize that happiness is your choice, you will be able to clearly see why your relationships are thriving or hardly surviving. The good news is that anyone can create awesome, thriving relationships. It's all up to you, and it's

easier than you think. If you want to have a relationship that thrives, you must start with YOU.

For some people, this is exciting. For others, this is a scary place to begin. Either way, once you fully realize the relationship you have with yourself, all other relationships will fall into a healthy place. Sorting out your internal dialogue, learning how to observe your thoughts and train your inner voice will create a balanced and thriving relationship with yourself. Let's face it, healthy relationships lead to a healthier life, which in turn means a thriving life where you are present, engaged, energized and fully yourself. This is the ultimate goal.









### **Step 3: Unpack your Baggage**

#### **Conscious Choice**

Prevent your baggage from running and ruining your life. “Unclaimed baggage” is simply a block of energy that your mind doesn’t understand. Claim your baggage and unpack it. When you’re oblivious to what’s in your baggage, you are living in reactionary unconscious misery and your mind is in control of you. Unpacking your bag lets you clearly see your thought patterns. Start to pay attention to exactly what your inner dialogue is saying. Try writing it down.

*I’m not pretty enough to have a boyfriend.*

*Why would anyone love me?*

*I’m so worthless.*

*What makes me so special?*

*I’m so fat.*

First of all, this internal dialogue is not true. It’s a dysfunctional inner voice. It’s self-sabotaging. It creates low self-worth and breeds unhappiness.

What do you do with this inner diarrhea? **Stop the pattern by disrupting the thought and saying the opposite.**

*I love my body, my hair and my smile. I respect myself.*

*I am made in a perfect image of God.*

*I am worthy simply because I exist.*

*A boyfriend who loves me for who I am will come to me in perfect timing. I trust in the universe.*

Remember, the mind needs to be told how to think.

Otherwise, it stays stuck on old, unhealthy thought patterns that don't serve you.

As you practice your new thought patterns, what you say to yourself may not feel true at first. That's to be expected. It won't feel true because you are introducing a new empowering thought pattern, but your mind will soon be trained.

### *Kerry Lee Keepsake*

*I believed for years that I was stupid because of my third grade teacher. I was nine years old and having trouble finding my place to read aloud in class. She said to me, "What are you, stupid?"*

*I was convinced I was stupid at a subconscious level, and I went on believing that was true until I had the tools to unpack my baggage. Still today, when I'm asked to read aloud, I take a "moment of pause" because my packed away baggage is still waiting to take me down in a time of weakness. I realize that criticism from my third grade teacher has nothing to do with me. I use that "moment of pause" to say to myself: "I am smart," "I am Divine perfection," and "I have all the tools necessary to get through this with ease and grace."*

When we have the tools to claim our baggage and unpack it, we can recognize it when it shows up in our lives. This is important because it most likely will show up (over and over again).

We all have had life experiences that leave us with baggage. The bad experiences are more obvious: we might be scared to enter into a new relationship due to the horrid ending of our most recent one or maybe we'll refrain from applying to a new dream job out of fear of rejection because of a past rejection experience. But sometimes, even the happy memories affect our internal dialogue and cause problems. For example, if we compare lovers (the old amazing one with the new one) or expect the same fantastic results at a new job, baggage from happy memories can limit our ability to bring joy into the now. Any time we depart from the present and dwell in the past, our baggage disrupts the present moment.

Another opportunity for your baggage to drag you down is living from a perspective of lack. For example, you may worry about the lack of money, lack of success, lack of love and attention or lack of happiness. Thinking you aren't good enough for the new job or aren't lovable enough for a new relationship are also examples of living in lack. If you

catch yourself focusing on lack, that's a red flag. You're in your head and internal dialogue has taken over.

When you are living in lack, your focus on lack can create lack. The lack comes from unfulfilled needs that you *think* need to be met. Most people unconsciously deal with the question, "Do I want to be happy?" by creating rules around why, when and how they can be happy.

*I'm not happy **because** I didn't get enough sleep last night.*

*I am pissed off and angry **because** I am stuck in rush hour and late for an appointment.*

*I'm not happy **because** I have a headache.*

These inner thoughts imply that happiness can only be attained if \_\_ (blank) \_\_ happens. When you find yourself saying, "I am happy or unhappy **because**..." stop yourself and find reasons to be happy. "Because" is your red flag. Happiness is always available to you if you choose. More than happiness, the untrained inner thoughts want their needs, desires and preferences to be met by self or others. If you or someone else can meet those needs, desires and



preferences, then you experience happiness – but only for a moment. You will be unable to feel your essence of true joy, which is constant and unaffected by outside circumstances.

*I'm happy because I went shopping.*

*I'm happy because I get to go to my favorite restaurant tonight.*

*I'm happy because my husband has a day off.*

The problem with statements like these is that you're basing your happiness on external circumstances, which are completely out of your control. In reality, happiness is in your full control, no matter what changes are happening in your life.

Change is inevitable. Change is based on decisions made by your internal dialogue. Your internal dialogue tells you to make a decision and the outcome of that decision is the manifestation of change in your life. That's why you need to be careful. If you have dysfunctional inner thoughts, they may be cultivating bad decisions creating unsatisfying relationships and ultimately manifesting the opposite of

what you truly desire. However, when you train your inner voice, you can practice conscious decision-making, which will give you, empowered change.

So the question is, are the decisions you're making conscious or not? Get inside your head and observe your internal dialogue, think back to when that baggage arrived and clean up those negative thoughts.







## **Step 4: Clean your Laundry**

### **Do your Inner-Work**

Remember, your internal dialogue can take you DOWN or lift you UP. Your conscious/unconscious internal dialogue is responsible for the current state of your mood and relationships.

As we saw in step three, internal dialogue stems from our memorable low and memorable high past experiences (our baggage). Do your laundry by unhooking yourself from your emotional thought patterns.

That's not as hard as it may sound. Most people have about 10 repetitive thought patterns that they need to let go of in order to be free. When you're free, your emotional patterns become neutral. Your internal dialogue no longer rules you.

How do you get there? First realize that you hooked yourself by attaching to past experiences, both good and bad. This gives you reasons to justify your behavior, but it also causes the problems we've already mentioned. Here

are 6 ways to catch your inner thoughts and track them back to why they were created in the first place. This is where you might realize it's time to retrain those thoughts.

## **6 Ways to Catch your Internal Dialogue**

Your internal dialogue stems from your past experiences: your hooks. There are six ways to catch your hooks and understand them so that you can clean your laundry.

Internal dialogue is formed by one of the following: Rules by the Raised, Expectations, Fears, Stress, Patterns and/or Habits. Waking up to the fact that you have the power to interrupt your internal dialogue – you control it rather than it controlling you – can turn your day and your life in the direction you want it to go. Consciously and/or unconsciously, your internal dialogue will chatter away and it's usually formed as a culmination of the following.

## *1. Rules by the Raised*

- ❖ Were you raised with table manners? How do you feel at a table with those who have or don't have the same manners? If you were raised with table manners, do you judge those who don't?
- ❖ Do you make your bed in the morning? If you do or if you don't, it has something to do with the way you were raised.
- ❖ How do you handle time? Are you ten minutes late or ten minutes early? And does it affect your state of being?
- ❖ How do you handle money? Do you furiously spend every penny, or do you save every penny and have a hard time lending to a friend? Were you raised to save?
- ❖ Were you raised as a kid to call adults Mr. and Mrs., or not? This may have to do with how you respect elders.
- ❖ Do you like camping and nature? Did you camp when you were young?

The way you were raised has influence on your internal dialogue.



### *Kerry Lee Keepsake*

*I was super excited. I was going on my first date: dinner at a fancy restaurant. I was young and flattered. But when the food was served, I couldn't believe my eyes. My date ate like a wild animal. My jaw dropped and my inner dialogue took over. I was shocked and embarrassed to be seen with someone eating that way.*

*I said, "Who taught you how to eat? You don't hold a knife like that!"*

*His response was, "Why do you color in the lines?"*

*"What do you mean?"*

*"Have you ever noticed that you do things to impress other people, when in the end, it makes you unhappy? Look at yourself — your panties are all in a bunch because of the way I hold a knife. Try holding your knife differently. What's the worst that could happen? Loosen up."*

My date, who later became my husband, was just eating how he was raised. I was, too. One way isn't right or wrong, just different. It's important to realize that and not let our inner dialogue judge based on our "Rules by the Raised."

## *2. Expectation*

- ❖ Did you expect to graduate from high school or college?
- ❖ Did you expect your parents to ever get divorced?
- ❖ Did you ever expect to get divorced?
- ❖ Did you ever expect to own a company or be fired by a company?
- ❖ Did you expect to be happy?

The fastest way to get let down is to have an expectation. Many expectations are formulated way back from your childhood. Think about your childhood dreams. (We all have them!) Did you want to be married when you graduated from college? Did you want to be a bestselling author by the time you were 30?

Whatever your goals were, if you didn't reach them, your internal dialogue is most likely telling you that you're stupid, ugly, lazy or not good enough in some way. These expectations can take a toll on your mind if you let them. Instead, all you need to do is alter your plan a bit or create a new dream.

***Kerry Lee Keepsake***

*When I was a little girl, I dreamt about playing for U.S. Olympic girls' soccer team (which did not exist at that time). I also expected to graduate college, get married, have kids and live happily ever after.*

The challenge with these childhood expectations is that you achieve happiness only if you meet your expectation. If for some reason life decides to take you down a different path – an injury, the death of a family member, the loss of a job – and you don't meet that expectation, confusion enters your mind and you are faced with struggle. Notice in the Kerry Lee Keepsake the dream fizzles. It doesn't have a

distinct ending. I wonder if mid-life crises happen because of unmet childhood expectations.

It's time to re-write your childhood dream or write your new dream of how you want to live the rest of your life. It's your life to live, so dream big and go for it!

### *3. Fears*

- ❖ Fear of heights
- ❖ Fear of public speaking
- ❖ Fear of flying
- ❖ Fear of loss
- ❖ Fear of not being good enough
- ❖ Fear of getting in trouble
- ❖ Fear of being alone

Fear is irrational. Once you look fear in the face and step into the moments of that fear, it's not as big a deal as your mind made it out to be. The fear becomes rational when you're in the moment and you react to what's actually in front of you. In the reality of the moment, you're facing

one thing at a time, so there's not as much to fear. On the other hand, when you're standing away from the fear and looking in, it's overwhelming. Your mind can get out of control and catastrophize all kinds of frightening outcomes based on your baggage.

For example, when a mom sees her kid playing in a tree, her reaction will be based on her past. Maybe she hasn't ever had an experience playing in a tree. If that's the case, chances are she'll continue to let the child play. If she has emotions all tied up with a tree experience from when she was little, she will most likely scream, "Get down from that tree right now! You could fall!"

The thing is, the kid was not in the state of fear – at least not until the mom yelled. That mom instilled her fear in her child, and now her child will be afraid of climbing, too.

#### *4. Stress*

❖ Too much going on

❖ Too much to do

- ❖ Don't have the skills to handle it
- ❖ Don't have the energy
- ❖ Don't want to do it

When you're in a highly stressful situation or just living in a constant state of stress, your brain isn't functioning at its full potential. And when you're not at full potential, your dialogue is most likely dysfunctional. When you're stressed, you're just trying to get the job done or avoiding it completely. Stress is the culprit of sadness, depression, lack of energy and a weak immune system.

Stop, close your eyes and take 10 deep breaths. You are okay. You are not your thoughts.

### *5. Patterns*

- ❖ What are your typical daily patterns? Do you pop out of bed, or do you need to wake up slowly? Do you get things done, or are you a procrastinator?
- ❖ Do you say yes because you can't say no?
- ❖ Are you constantly late, or on time?

- ❖ Do you eat three meals a day, or snack all day?
- ❖ Do you drink coffee every morning?

A pattern is something you try on for size. A pattern is something you choose to implement into your life to see if it brings you joy or not. For example, if you've never meditated before, try sitting quietly every morning and every night for 5 minutes.

These patterns are how habits are created. **WARNING:** New patterns can quickly turn into habits, so be wary of adopting new patterns. Make sure the new patterns you implement are healthy and support your highest and best well-being.

## *6. Habits*

- ❖ Meditate twice daily
- ❖ Exercise 5 days a week
- ❖ Eat 3 meals a day
- ❖ Water intake  $\frac{1}{2}$  body weight in ounces
- ❖ Perfectly made bed in the morning

**21 days of a pattern forms a habit.** A habit is what you do on autopilot. It doesn't take any effort; you don't have to think about it.

If you wake up every morning at 6 a.m. but take an hour to get out of bed, that's a pattern that turned into a habit.

Your internal dialogue is probably saying, *Oh, you don't really have anywhere important to be for a couple of hours. Just take your time. Why not stay warm in bed? You stayed up late working last night. You deserve to stay in bed.* However, you know that if you got up and out of bed, you'd have time to meditate or slowly and mindfully eat your breakfast.

When trying to turn a new pattern into a habit, associate the pattern (getting out of bed right away) with a form of pleasure and associate the habit you're trying to break (staying in bed and looking at your emails) with a form of pain. This creates a correlation in your mind that gets you up, out of bed towards your new habit. Welcome to your new habit and the positive internal dialogue that comes with it.









## **Step 5: The Relief of Empty Baggage**

### ***New Sustained Reality***

Now that you've awakened to your inner voice, realized it doesn't know what it's talking about, unpacked your baggage, done your laundry and made a conscious choice to change, you are left with empty baggage. WARNING: That baggage is always on the shelf waiting to latch onto you in times of weakness. It'll be waiting for you to fill it back up again so that you'll have to carry it around. But we aren't going to let that happen.

To keep the baggage empty, we must discover the role we play in life and the roles we play in our relationships. According the Merriam-Webster dictionary, relationship is defined as: *The way in which two or more people, groups, countries, etc., talk to, behave towards and deal with each other.* This definition is accurate for most of society. They "deal" with each other.

Well, here's my deal: I'm not interested in "dealing." I'm interested in thriving. Are you with me? I choose to create meaningful relationships that thrive, grow and contribute to each other and the greater good of society. I believe we are here on this planet to support each other in living a life of meaning, fulfillment, love and happiness. Relationships to me are defined as: *Ways in which the people in my life assist each other to be their BEST self, to step forward into their higher self, and live a life full of love and joy.*

To step into your higher self, the journey begins by becoming the observer of your inner thoughts and actions. When you don't get your way, how do you react? Do you kick and scream and have an adult temper tantrum? Do you feel like you deserved what you were asking for and now you'll figure out a way to get it, no matter what? Do you get inquisitive and pepper the other person with questions in order to determine a better way? Do you retreat and feel like you don't matter?

Most people don't realize how they react when their needs are not met. These are simply behavioral patterns that you've developed over time.

If you're ready to thrive in your life, you must wake up to the fact that you are in full control and responsible for your behavioral patterns – at all times. When you step into that responsibility, you step more consciously into becoming the observer of your life.

Now that your baggage is empty and packed away, you can focus on your life as it is today instead of being stuck in your past. You can be present in your current relationships, which allows you to focus on your behavioral patterns, your reactions and how to improve the quality of your life. The best way to do this is by determining which Stage of Self Development you're on. We'll talk more about these stages in the Chapter 2.









## **Chapter 2**

### **4 Stages of Self Development**

How do you react in your relationships? Your reactions form your baseline for relationship development, growth and self-improvement. The 4 Stages of Self Development are, “It’s All About the Me Me!”, “If...Then...”, “Love for the Sake of Love,” and the fourth and final stage is “Love Your Enemy.”

I use the term “stage” because when you become the observer of your own life, your life becomes a play and you are the audience, as well as the performer. Most importantly, you become the director. The more you are able to view your life as a play, the less attachment you have towards your needs, desires and preferences. Most of us jump from one stage to another, perhaps playing on all of them throughout our lives.

Awareness is the first step to invite new ways of being. Determining which stage you mainly operate from will help

you understand why you are struggling in your relationships and how you can begin to thrive in them.

When you are stressed out and things are tough, you tend to perform on one of these stages more than others. More than likely, your stressed-out stage will be different from your happy stage. The stage you use when you're stressed or feeling fear is the stage you feel most safe on.

Therefore, realizing when you're performing on your "safe" stage gives you the power of awareness to change and begin to thrive in your relationships.

To help you identify which stage you use in different situations, let's talk about the different stages and how they're defined.

### ***Stage 1: It's All About the Me Me!***

I name stage one "It's all about the Me Me" because it's a funny way for my family members to call each other out. We all experience the "Me Me" stage at certain times and

now we like to say, “It’s all about the Me Me” when we realize we are on this stage so that we can catch ourselves and move stages.

When you are engaged in a relationship while spending majority of your time on the “It’s all about the Me Me” stage, you’re doomed for misery. The truth is, external circumstances bring us temporary happiness. A new car, a new outfit, a new boyfriend – that does bring you a moment of happiness. But the question is, does it bring you long-term joy? No. After a while, the novelty wears off and you want another new car and another new boyfriend. Instant gratification can be instant happiness but long-term frustration, anger, seeking and confusion.

On the “It’s all about the Me Me” stage, you are focusing on yourself, as opposed to caring for yourself. Your focus is so intense that it turns into self-sabotage. When you’re on the “It’s all about the Me Me” stage you put all of your own needs and desires above others.

Imagine you're in a serious relationship and your husband cheats on you. Why? Your husband is not thinking about your needs, wants and desires. It's not that people on this stage mean to be malicious. They are just stuck in the "Me Me," focusing on their own needs, wants and desires.

On the "Me Me" stage, you experience times of passion, love and caring – but only if things are working out just the way you want. The "Me Me" is an addictive stage to be on because the highs are high and the lows are low. Life at the "Me Me" is a roller coaster ride: times are good and times are tough. You have trained yourself to merely survive. If things aren't working how you like them to, you have your temper tantrum (however that looks) then pick yourself up by the bootstraps and *try* to keep going. When you feel better, you start to smile again. You enjoy life for a moment – until times dictate the change for the next high or low.

This is living a life where outside situations dictate your happiness. The problem with that is we have no control

over other people's actions or certain events. That's what makes the "Me Me" a dangerous stage to perform on. Sometimes your lows can be so low that you don't ask for help and you go into isolation. If you are on this stage, seek help from a family member and/or professional. This stage can cause a tailspin down that is hard to recover from without outside assistance. Everyone needs help at times. The most important thing to do is ask!

When you are in a relationship and you or the other person is a "Me Me" type, it's hard to have a thriving relationship because performing on a "Me Me" stage means you are very self-absorbed and attracted to instant gratification. You feel trapped and limited by your abilities and situation. You think that your situation is unique and different. You feel alone and think no one understands you. You're happy at times, but not in a deep or lasting way. You are very in touch with your sad times, frustrated times and angry times. You become those feelings because of the situation that you are experiencing.

For example, when a relationship ends, you *become* the emotion of sadness. You wallow in it. You're so sad that all of your energy is drained. It's hard to see the positive. It's even hard to get out of bed. You're completely shut down because of the emotion you're experiencing.

Why allow experiences to dictate your state of happiness? Becoming a feeling as a result of an outside situation is reactionary living, which is extremely painful and destructive.

## **How To Tell You Are Performing On This Stage**

### *Relationship with Self:*

Your relationship with yourself at the "Me Me" stage is inner confusion, with toppings of emotions such as guilt, blame, shame, frustration, anger, self-pity and sadness. Even when times are going okay, inwardly you may have some feelings of guilt, resentment or self-pity that are sitting quietly in your head and/or heart. Your baggage has

still not been claimed, nor do you have the energy or the know-how to deal with it if you did claim it.

You may feel like you're experiencing life as it comes to you and doing pretty well. You may even think you've overcome your baggage, but you're not working through and overcoming your inner personal challenges. You're not claiming your baggage, and next time you experience a low, you'll find it there waiting for you.

You may also feel like you can't get out of your own way. Many times people will find outside destructive stimuli (alcohol, food, shopping, T.V., exercise) to help them feel better for a moment of relief. That is one of the reasons why this level must be taken seriously and seeking counseling is highly encouraged.

### *Inner Self:*

The words that are commonly used at the "Me Me" stage are blame-based. The words are dramatic and create separation, unconsciously pushing people away so it's



difficult to have true connection. The words place or imply blame and guilt (don't, won't, always, never, all, etc).

*I can't believe they are not giving me what I asked for – what is wrong with them?*

*How come he never does what I want him to? He should just know!*

*They all have it easier than me – can't they see that?*

*Don't they see the pain that I am in?*

*Geez, do they not get it?*

*No one ever understands me.*

### ***Outer Self:***

Tone of voice: low, monotone, deep, slow

Total temper tantrum: you beg, plead, attack and/or do anything to get what you want. Many times no words are even said. It's a deadly external silence and internal battles. Or it could manifest as being upset inside but externally saying, "No, it's fine."

If words are spoken, they are harsh, conclusive, closed-minded, threatening and aggressive. Yet, it can be dysfunctionally effective because someone is dominating someone else, so in the end, someone feels like a winner. Do you consider yourself a winner when dominating someone else?

**Look for these physical signs:**

- ❖ Shoulders rolled forward
- ❖ Shallow breath
- ❖ Head tilted down
- ❖ Body contracting
- ❖ Total stagnation of energy in the body







**Stage 2: If...Then...!**  
**Giving only for the purpose of getting  
something in return.**

The stages of “It’s all about the Me Me” and “If...Then...” are 100% self-absorbed and selfish. It is short-term gain and long-term pain.

Examples of “If...Then...”:

*If I lose 5 pounds **then** I get to have dessert.*

*If I make my goal **then** I’m going shopping.*

*If I have a hot body **then** I feel good about myself.*

On the “If...Then...” stage your relationships are for trade. The trade is unspoken but implied. For example, a man may believe that **if** he takes a woman out to dinner **then** he will get sex in return. The idea is “if you do that, then I’ll do this” or “if I do this, then I get that.” Living on this stage is a reward system – giving only to get.

Both the “Me Me” and the “If...Then...” stages create a false dependence based on your unclaimed baggage. If you feel like you *need* something or someone in order to be happy, you are going to have a very difficult time finding true, long-lasting happiness and unconditional love.

Imagine a five-year-old begging for something and stomping on the floor. When kids get what they want this way, that’s where the pattern begins. Next thing you know, you’re 10, 20, 30 or 40 years old and still having temper tantrums.

When you’re on the “If...Then...” stage you believe that other people and outside situations are the only ones with unclaimed baggage. You take no personal responsibility for your own baggage. You train your mind to avoid your baggage and build walls around it. You block the energy.

Have you ever said or heard others say, “I’m leaving this relationship because they aren’t giving me what I need,” or “I’m quitting my job because my needs have changed”?

This is a red alert that next relationship or career won’t last

either because your needs will change. WARNING: Life is ever-changing, so find reasons to be happy in any situation.

Here's another example: you help your friends out and therefore, in the back of your mind, they owe you a favor. You give with conditions. You may not realize that this is the case, but the truth comes out when you don't get what you want. The untrained mind comes up with the laundry list of things that you have done for other people, while in your mind they have done nothing for you.

This is where many women turn to their husbands and say, "I clean, I cook, I do laundry, I take care of the kids, I do *everything*." There is no way that they literally do everything.

Sadly, doing things for personal benefit is how the majority of our society operates. That's why many people struggle in life. Who wants the short end of the stick? When you're on the "If...Then..." stage, you do everything in your power to get the long end of the stick. You design your life and your relationships around you. You attempt to control everyone around you to comfortably meet your needs,



wants, desires and expectations. Unconsciously or consciously, you have a life and relationship full of crutches to lean on so you can experience temporary happiness and comfort.

You feel fine on the “If...Then...” stage and if you don’t, you find something or someone to help you feel fine. But then when something unexpected happens – a trauma, drama or tragedy – you lose your crutches and your whole life falls apart. Once your crutches are taken away, you grasp for control, you panic for safety and security and you find a way to force the people around you to become your crutches again.

When your state of happiness is contingent upon the “If...Then...” stage you block yourself (your energy) from experiencing your true joy. The truth is, your needs, wants, desires and expectations are simply energy blocks. Your mind doesn’t understand energy blocks. The mind goes where it knows. It goes to old patterns and will do anything to avoid the baggage carousel.

## How To Tell You Are Performing On This Stage

### *Relationship with Self:*

When you are operating on the “If...Then...” stage, you have spurts of energy. You feel fine and good the majority of the time. But deep inside, you hold resentment, guilt, blame, etc. You feel the need to protect yourself from others who might be acting on the same stage as you. You are scared, lonely and empty. There is hollowness in your heart that you cannot pinpoint. You try to fill that hollowness with outside sources – your crutches.

*I have to go see him.*

*If I see him, then I'm happy.*

*If I'm with him, then I feel good enough.*

*If I am alone, then I'm sad.*

### *Inner Self:*

Your inner voice says things like:

*I'm doing so much for him. Why isn't he loving me?"*

*If they do that one more time, then I am going to do \_\_\_\_.*

*If he doesn't get healthy, what am I going to do?*

### ***Outer Self:***

Tone of voice: High pitched and quick pace, talking fast when nervous or stressed.

*I'm good. Things are fine. Could you just do this for me?*

*I just need sleep, a new car, a new man, a hug, etc.*

*If you do \_\_\_\_ for me, then I will do \_\_\_\_ for you.*

### **Look for these physical signs:**

- ❖ You look and feel fine.
- ❖ You may stomp your foot, put your hand on your hip and stick it out.
- ❖ You roll your eyes, tilt your head and give a look that could kill!

## **Say Bye to Stages 1 and 2**

Living on the “Me Me” and “If...Then...” stages, you’ve avoided your baggage at all costs. The block of energy is simply too painful and/or scary to face. But here’s what you need to realize: your needs, wants, desires and expectations are what cause pain in your life. If you don’t meet them or if the person you’re in a relationship with doesn’t meet them, you become agitated. If your needs aren’t met, then there is a problem. **You create unhappiness in your life until your needs are met!**

Most people are totally unaware that this is the foundation of their relationships. Relying on others to meet your needs and adapt to you is relying on outside situations to provide inner happiness. This relationship lasts only if needs are still getting met, but come on! Doesn’t this sound like pain, suffering and struggle? Time to get out from underneath these needs, wants, expectations and desires, and find true lasting self-love and relationship love.

In order to get off of stages one and two, you must learn to be honest and understand that your needs are not working *for* you but *against* you. The truth is you have very few needs. These needs do not have a connection to your state of happiness.

Sure, you need the bare necessities, but for most people, the basic necessities aren't the ones causing the struggle and suffering. The things that are causing your unhappiness have to do with your blocked energy and nothing to do with your delusional needs.

*I need the house clean to be happy.*

*I need my kids to do their homework.*

*I need my husband to be home for dinner.*

When you realize that your happiness is not dependent on your material needs, you unhook yourself from this painful way of living in the delusional world.

It is your time to step into your truth about who you are and why you're here on planet earth. You are not here to

struggle. Buddha said, “Pain is inevitable, but suffering is optional.” This starts with you. You are here to thrive, grow and help your brothers and sisters be happy and love their life. You do your part by standing in ownership of your life and your truth.

The goal is to not allow your emotions to dictate your life. Think of a trained martial arts champion fighter versus a street fighter. There will almost always be someone bigger, better, stronger. Street fighters approach a fight because they are pissed off or have an urge to fight. These types of fights typically stem from emotions. Martial arts champion fighters don't fight from emotion. They fight with technique, allowing their emotions to flow through them as a source of energy. Meaning, they have trained their internal dialogue so their emotions don't engage into the delusional thoughts. They rely on their technique and discipline.

Awaken your awareness and become the observer of your thoughts and emotions. Living in a state of true happiness

has nothing to do with your internal dialogue and array of feelings – unless you decide it does. Then your state of happiness has everything to do with your internal voice.

Life is a school of opportunities to grow through difficulty. Your training of your inner voice is what will determine the level of joy you experience in life. The goal in difficult situations is to have everyone leave at ease and peaceful between each other. If you can approach these situations like the champion martial artist, then you can dismantle the disagreement so that everyone can defuse the situation, resolve their emotions and feel peaceful and content.

What makes trained fighters effective is that they have mastered their minds in their art. In this book, I will teach you ways to get in touch with your mind so that you too can become the master of the mind and stop your emotions from dictating your life. You will become a trained fighter and use technique instead of being a street fighter winning by emotion.

Disagreements and fights with your loved ones are inevitable. The way you handle and deal with those tough times is what builds your character and your connection to your personal self, those around you and your higher self.

When you fight with emotion, it's only a matter of time until you get hurt emotionally, physically or psychologically. When you instead access the inner wisdom that comes when you are centered and balanced, there will be much less hurt, and the pain will be processed in a healthy way.

When you realize which stage you're on, it's easier to understand that it is not the circumstance that is causing the struggle, but your inner world. Be it our inner dialogue, body posture and/or our habit patterns, once we get clear what stage we perform on most of the time and why, we can begin to take personal responsibility and move to a new stage. We all go from stage to stage. Where are you living most of the time? Is that the stage you want your play to be on? Remember, the choice is yours.







### ***Stage 3: Love for the Sake of Love***

When you're living on this stage, you are whole. You are complete. You know this fact so deeply that if and when your needs hook you, you can unhook yourself without causing internal or external drama. You may get hooked for short periods of time – just long enough for you to recognize your temporary struggle. You see the lesson in your struggle so that you can move in and through your lesson, without fear or judgment. You realize that there are no needs because there is no lack. You are open and you practice the state of abundance.

I'm sure you have heard the saying, "if you are happy being poor, you will be happy being rich, and vice versa." When your happiness depends on material goods, well then, you're screwed! Material things come and go, and so will your happiness. You must start to see abundance everywhere. Experience it and know that you are abundance, always!

How do you know this truth? You know because love is your truth and abundance surrounds you.

I am not talking about money. I am talking about abundance of love, joy, happiness and life force energy. These are the things that matter most in life. You then become happy for others and their abundance of happiness because you know that's the truth of each one of us.

Living on this stage, life is filled with love no matter who you are with or what is happening. You are fulfilled. You thrive in life and in all relationships. You are present and engaged in every moment. Your energy is pure and flows in a vibrant and healthy manner.

Your relationships are healthy because you're not looking for anything in return. Your intentions are pure. Your relationships are not based on your needs, nor do you alter yourself for other people's needs. You give ALL of you.

You see the bigger picture and surrender to the fact that you're not in charge and that everything is connected in

some way that is beyond our comprehension. You don't rely, cling, stifle or control any relationships. You let your relationships flow and you share your energy. It is actually WAY easier to live on stage three because you're living in the "free to be ME" state.

It can be a scary leap from the "If...Then..." stage to "Love for the Sake of Love," because in our past we were used to controlling everyone and everything. On the "Love for the Sake of Love" stage, you just "be." You are open and you allow the process of life to unfold in front of your eyes. You are becoming the observer. You have aims, dreams and aspirations, yet you are open to the flow of life as it comes and goes. You are productive and happy. You're engaged in everything that you do, your energy is high, your brain is clear and you spread joy wherever you go. Life starts becoming easier and more enjoyable with each conscious breath. You live in your true joy, and it touches deep into the bones and cells of your being – and beyond, to levels that are out of the mind's comprehension.

It's unlimited amounts of love, happiness and compassion that no words can explain.

## **How To Tell You Are Performing On This Stage**

### *Relationship with Self*

You're just happier. You're filled with the feelings of love, contentment and joy. You have an abundance of energy and if you are low on energy, you know how to replenish and when and how to take care of yourself. You see the best in everything. In difficulty, you see the bigger picture and are grateful for the tough times. You are here to learn, grow, thrive, connect and give beyond yourself. You know that you're not the one in charge, nor the 'doer.' You are able to relinquish control to universal energy of Love, God, Spirit, Higher Power – whatever you want to call it. You are mindful in your activities. You love yourself and your life.

### *Inner Self:*

Your inner voice says things like:

*What good can come out of this?*

*What can I do to make this situation better for everyone involved?*

*I have what it takes to do what is needed.*

*I love this moment.*

*I am in the flow, let go.*

*This too shall pass.*

*The attitude of gratitude is the feeling behind everything.*

### *Outer Self:*

Tone of voice: You know how and when to use the tonality of your voice.

You know environment is stronger than willpower. You are very aware of your environment and who and what you surround yourself with. Your words are positive. You are total enthusiasm, optimism and encouragement. Your words are heartfelt, honest and loving.

**Look for these physical signs:**

- ❖ Your shoulders are back.
- ❖ Your head is up, chin parallel to mother earth.
- ❖ You lift your eyebrows while others are talking (showing that you are fully engaged and listening to them).
- ❖ You use affirmations and smile with joy.







## ***Stage 4: Love your Enemy***

A beautiful representation of this stage was Nelson Mandela. He held no anger, resentment or aggression towards those who held him captive. He said, “As I walked out the door toward the gate that would lead to my freedom, I knew if I didn’t leave my bitterness and hatred behind, I’d still be in prison.” He was aware of the reality of a self-imposed prison that is created by holding onto bitterness. By holding onto bitterness, we not only poison our spirits, but also our relationships. Nelson Mandela loved his enemies. He did not even see them as enemies.

Realize that this stage is attainable and reachable even by the average Joe (you and me). To see how this is possible, think about a parent’s love for a child. As a parent, you love your children no matter what. You love them whether they’re getting As or Fs in school and whether they’re getting in trouble or hanging with friends you don’t like. Sure, as parents we get angry and frustrated, but even when your children misbehave, in your heart you will always

unconditionally love them, care for them and see the best in them.

This stage is 100% attention in and beyond the heart; you are in alignment with the great energy of LOVE. Period. So we've heard this is actually the easiest state because it's total and complete surrender to universal love. We can learn from Nelson who chose love and freedom – Nelson who saw the God-given light in those who captured him. For those of us who are still working things out, we find our false freedom in holding on and trying to control every part of our lives.

Some others who have mastered this stage: Mother Theresa, Mahatma Gandhi, Jesus Christ, Buddha, Krishna and Paramahansa Yogananda surrendered all their needs, wants, desires and expectations to the greatest energy of all: LOVE. When you love your enemy, as Gandhi, Mandela and many more demonstrated, that is the ultimate liberation, freedom and unconditional love.

This stage may seem unrealistic, but if you have kids then you know how it feels to love your children and only see their true, full God-given potential. Even when they are darkened, you can see their light.

If you don't have kids to use as an example, practice on yourself. Look in the mirror when you are feeling dark, and let yourself see your light. It is within you, always. Jesus Christ demonstrated this when he could see the light in those considered sinners and when he would forgive those who betrayed him. Even when Jesus was crucified he said, "Forgive them, for they know not what they do." He was able to see the truth and the light within everyone, always.

## **How To Tell You Are Performing On This Stage**

### *Relationship with Self*

Your relationship is with oneness, with Divine Love. You are in union with true love and ever-new joy. You have reached self-actualization. Your state of being is unaffected by outside circumstances. God is the doer and you are the

blissful watcher. Your energy and life force is spirit-directed and sustained only by the great force of Love and Spirit. There is no Me. It is all We – oneness with the Cosmic Energy of the Divine.

*Inner Self:*

Your Inner Voice has become silent.

You are the observer, the audience. You pay no attention to your thinking mind.

Your inner thoughts are one with God and God alone. You are supremely the vibration of love and joy.

*“A person who watches all motion pictures of life to learn the divine lesson in them – to find the One behind them – becomes supremely happy and free.”*

Bhagavad Gita

### *Outer Self:*

Voice is grounded, safe, compassionate and supportive. You know everything is energy. You have no judgment of good or bad. You see it for what it is: energy. Energy is either blocked or unblocked.

*“Turn on the Light and the darkness will vanish as though it had never been.”*

Paramahansa Yogananda

When on the “Love your Enemy” stage, you are no longer performing on the stage. You are the blissful watcher. The physical appearance has no effect over your state of being. You’re beyond the physical. You are living in your essence of true love and ever-new joy.









## **Chapter 3**

### **4 Tips to Train your Inner Dialogue**

#### **1. Keep it Positive**

Mastering the mind is training yourself to not get tripped and tangled in your unclaimed baggage (your automatic internal dialogue). An important part of mastering your mind is training yourself to stay positive. The first step is monitoring your inner voice to see what it's saying now. Try writing down what your inner voice says throughout your day. Determine if your inner dialogue is leading you where you want it to be or not.

When you notice negative thoughts, one technique to gain control of your inner voice is the opposite game. You may have played this as a child to try to get what you wanted. For example, let's say your mind is telling you that you want to go out to dinner tonight. As quickly as you can catch the thought, say to yourself, "No, I want to eat at home."

Another example: “I am late again.” As quickly as you catch the thought, say to yourself, “No, I am right on time and right where I am supposed to be.” And move on. When you think to yourself, “I wish I looked like that in clothes.” Say, “No, I love the way I look.”

Don’t waste time over the small stuff. If you do, your mind will take over your life. By playing the opposite game consistently, you’ll train your internal dialog to stay positive. That’s the beginning of long-lasting happiness.

Training your internal dialogue sounds like a simple concept. Right – all you have to do is train your own inner voice. Be patient and have fun with this training. It takes effort, time, willpower and trust. Remember, your inner voice is wrapped up in thinking that it knows best for you. It wants to be the one in charge.

Think of your inner voice as a wild dog that needs a trainer. Giving the voice more to think about is fuel; it’s food for the mind, whose appetite is endless.

It's a nonsensical inner voice. Give the voice energy and you are in for internal chaos that is nearly unstoppable until the next thought comes (which you feed) and then the next and the next. And we wonder why life is so chaotic... Is it the outside world, or is it what's going on inside?

If you're ready to engage in a thriving relationship with yourself and/or with others, it's time to take personal responsibility and train your internal dialogue.

Here's what the examples from auto-internal dialogue look like when you start to train yourself to flip your perspectives.

### **Go for a Run**

*Wow, it's so nice outside. Go for a run.*

*Eh, I don't really wanna go for run.*

*GO! You'll feel so much better.*

*I don't know, I only have 45 minutes.*

*Oh, just go for a run, you always love how you feel.*

*That's true, I do.*

*So go!*

*Mmm, I don't know!"*

*GO!*

*Eh...I'm not going to today.*

### ***Stop the Nonsense***

Watch how this healthier dialogue is action-oriented and SOULution-based.

*Wow, it's nice outside. I have 45 minutes to take care of myself.*

*I'm starting right now.*

(You take a conscious inhale and do what's best for yourself. Maybe it's sleeping in because you don't feel well; maybe it's going for a run because your body needs exercise. You choose for your highest and best well-being.)

*Say, "I'm going to have the BEST day."*

Then listen to your higher self for what that looks like.  
Because remember, you are the greatest guru.

## **Driving Carpool**

*Dang, I'm driving carpool again! Seems like I'm always the one driving. Why don't they offer? I guess I could ask... Oh, forget it – it's easier for me to just do it. Gosh, I do everything for all the kids. I drive 'em, I feed 'em, I play with 'em. Can't another parent offer to be a parent? I'm so tired and I need time for me.*

## **Stop the Nonsense**

*I'm so stoked to drive carpool again! Man, I feel fortunate: no distractions, nowhere to go and I have their undivided attention. Time to make a difference. I'm so blessed to have free time to connect, care and guide my children and their friends.*

## **The Selfish Husband**

*Why do we always have to do it his way?! Doesn't he know I have feelings and I have a life too? Can't he wait for me to put my shoes on? God, he just leaves when he's ready! I just need a little attention. He's so insensitive, actually super selfish. All he thinks about is himself. Can't he see that I'm sad inside?*

### ***Stop the Nonsense***

*He actually does a lot for me. He picked up the kids at school today so that I could go to the gym. He walked the dogs. He cleaned the dishes. I am sad – I just need to ask for a hug.*







## **2. Silence the Mind**

Get quiet. Silence your mind through stillness/meditation. The truth is simple and can cut through anything.

Think of a time when you were fearful, but once you faced that fear, the fear was gone. That's why people take part in ropes courses: to face their fear.

I believe the ropes course is effective and fun, yet not necessary to heal blocked energy. Fear is purely blocked energy created by internal dialogue. The energy (baggage) can be unblocked by many different modalities. Meditation is one. When you calm your mind and still your body, you give opportunity to your energy body. You allow it to flow where it can't be forced to go consciously.

Meditation has proven to heal and magnificently improve people's mental, physical and emotional wellbeing. You may wonder, "How? You're just sitting." Meditation slows down the chattering mind, allows you to step away from your inner thoughts and helps you merge into the energy of

love and become the observer. Meditation heals because you allow your energy body to flow without the use of your mind. True healing is beyond your mind.

We have made our lives complex. This complexity creates needs, wants and desires, which create pain, struggle and work. How hard is it to be happy? Smile and find three things you appreciate. This happiness is right at your fingertips! People create conditions around happiness, but the simple things in life can bring you happiness.

We can choose happiness at any point. If your mind is still in doubt and you feel as though you need to feed it explanations and reasons, then study the great saints, sages and masters. They all live simple lives. Their exterior simplicity is a reflection of their inner simplicity. They have mastered their minds and become the observers of their minds. That enables them to hear the divine, feel the truth and know the way.

Stepping into the observer role begins the quieting of the mind and the training. Silencing the mind is something that

anyone can do. It just takes consistency, effort and willpower.

Your antidote to your personal sorrows, anxieties, fear and hatred is meditation. Meditation means transforming the mind, which takes patience and practice. It takes will power to focus the mind and experience profound inner peace.

On my website, in the “Freebies” tab, check out the guided mediations at [www.kerryleesmith.com/freebies/](http://www.kerryleesmith.com/freebies/)









### 3. *Become the Observer*

When you become the observer of your life, outside circumstances do not affect your inner state of calmness, peace and love. This is where you will be fortunate to bear witness to the unfolding and the manifestation of the universe.

How do you become the observer? You become the observer when you realize that everything is energy. The heart is meant to feel all emotions. However, that is not to allow your emotions to dictate your internal dialogue. The goal is to live with an open heart and allow energy to flow freely through the heart without engaging. You want to unhook from emotions that are dormant in your heart – to be *of* the emotion, not *in* the emotion. **You still feel the emotion of sadness, and your internal dialogue bears witness of your sadness.** If you allow your internal dialogue to defend the reasons of your sadness, you'll stay stuck in it.

For example, imagine you're making cookies with your kids and everyone is enjoying the process. Then one of your kids spills the milk. You go from enjoying the moment to frustration and anger in a nanosecond; that moment is your red flag. You're in the emotion, which is connected to your childhood baggage. (Perhaps your parents yelled at you a lot when you were growing up.)

You've allowed your mind to defend the emotion, and this is where you're trapped. Your emotions are now in control of you. You've traded the emotion of enjoyment for frustration – over spilt milk.

These situations happen daily. Whenever you find yourself reacting this way, realize that you are not being the observer of your emotions. When you go from zero to 60 – happy to unhappy – the energy has stopped flowing through your heart. Your heart has closed because your needs aren't getting met. But do needs have anything to do with your happiness? If you think so, welcome to the world

of pain. If not, welcome to the role of the observer and a life of ever-new joy.

Instead of allowing external circumstances to dictate your internal dialogue, decline engagement in the emotion. Then you can stop the internal dialogue and become the observer.

How do you become the observer? By allowing your heart to be open at all times. What does that look like? When emotions arrive, allow them to move through your heart without engaging in them. You fully feel and understand the emotion, but you are non-reactive. You are watching yourself performing on your stage. You can see yourself flowing the emotion, but you are not in the emotion.

Therefore, your decisions are made from a space of calmness and peace. As a result, when the milk spills, your emotions don't change. You instead see this moment as a parenting opportunity and calmly teach your child that it's okay to spill milk, you just need to learn how to clean it up.

When you can do this, your heart is open and you are one with Spirit.





## **4. Be SOULution-oriented**

Mistakes and failure are in the eyes of your internal dialogue. YOU have the choice to speak negatively to yourself and let it take you down, or to take the situation and use it as a teacher. All situations – good or bad – help us grow. All experiences are opportunities of growth.

If we stay stuck in the past, we will be held back from reaching our full potential and happiness. Our past drives our emotional spirals, and emotional spirals can be dangerous. They circle through sadness and anger, never stopping, and they continue to go deeper until you face it or destructively distract yourself.

However, being SOULution-oriented means you face it. You face your fears, emotions, experiences and situations head on. When you destructively distract yourself, it's only a matter of time until you're back in your spiral. When you face it, you won't find yourself deep in that spiral again.



When you're feeling sad, your:

- ❖ Body feels loose
- ❖ Shoulders are shrugged forward
- ❖ Head is down

You experience emotions like self-pity and guilt.

When you're angry:

- ❖ Body feels tight



- ❖ You're not listening to anyone
- ❖ You could be numb to the anger

Being stuck in the emotional spiral isn't fun, so to help ourselves feel better for a moment we choose destructive distractions such as: drinking, drugs, shopping, food, sex, gossiping – anything that pulls us away from the pain for a moment. However, your emotional spirals will always be waiting for you to fall into, unless you face them and unpack your baggage. You do that by separating your inner voice from your emotions.

Remember, your heart is built to feel. Feel your emotions, yet don't get sucked into the emotions. That means you don't allow your inner voice to get wrapped up in your emotion. Your inner voice has NO business in your heart. Your inner voice is there for you to train and discover your inner stillness of truth.

Being SOULution-oriented means facing your inner voice and freeing yourself from your inner misery. Invite your inner observer to step forward and take notice of what you

judge as good or bad. Just see it; observe it. What you will most likely see is a pattern, a habitual behavior that continues to lead you in and down your spiral.

Distractions only last a little while and then you're right back in sadness and/or anger. On the other hand, facing your emotional disturbances means claiming your baggage, doing your laundry and putting your baggage away — empty. This process allows you to consciously decide what actions to choose in your life and whether you truly want to be happy or not.





## ***Choosing Happiness, Experiencing Joy***

If you want to be happy, you must find reasons to be happy. Happiness is found in the eyes of choice and appreciation. If you find yourself stuck with auto-internal dialogue and/or lack of appreciation, you will most likely struggle with happiness since your mind is continuously telling you what you “need” to do in order to be happy.

Find reasons to be happy:

*I am happy to be alive.*

*I am happy to have good health.*

*I am happy that I love my job.*

*I am happy that I have a great family.*

*I am happy to wear my favorite color today.*

*I am happy to share my smile with everyone.*

The choice is yours. In order to have thriving relationships, you must learn to observe and re-train your internal dialogue.

*“When things change, I will be happy.” FALSE.*

*“When I am happy, things will change.”* **TRUE.**

Choose Happiness!

When you choose happiness, you will begin to experience your essence of true joy. In order to experience joy, you must be fully and presently engaged in the NOW. This means you are not thinking about your past or your future. You're not in your baggage: you have claimed it, done your laundry and put your empty baggage away. You are making conscious decisions based on the energies at hand, with an open heart. You are not on auto-internal dialogue. You are no longer stuck in your past or forecasting your future. You are here, you are now – fully present and engaged, full of appreciation and a lust for life. Joy permeates your being, and fun radiates through your smile.

I invite you to become the starring role in your own play. Play the parts that you choose to play. See yourself as the actor, the director and the audience. Step into all of those roles and observe each one.

Keep in mind, an observer is not disengaged. You are the director who wants your actor/actress to play a starring role, and you are audience in total utter enjoyment of the play. The observer is fully involved, yet not involved in emotions.

Emotions don't dictate the actor, the director or the audience. Don't let them dictate you, either. Instead, direct your show to be the way you desire – not the way you think society wants it to be. Create a life like no one has ever seen before – one that brings a smile to your face because you are choosing to live life to the fullest and you are choosing reasons to be happy. Always share your smile and that happiness, because your spirit is unique and beautiful. Your spirit will lift up the world and inspire others to become the directors of their own lives, too! Go out there and live a life to LOVE!









### ***Going further***

Thank you for reading *The SOULution To Your Baggage!*



I wrote this book with you in mind and I am honored and blessed to be able to share this with you.

I'm here to serve you, so since you've finished the book and are yearning for more...

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Thanks again – I’ll be over the moon to be connected with you.

Sparkle on,

Kerry Lee

