

Get out of your head!

How to understand and stop toxic
thoughts



robin roberts

Have a talk to yourself



We spend most of our time inside of our heads. Why? Because we have a need to process what is happening in our world. Our ego mind kicks into high gear, propelling us into the future or dragging us back into the past. Or it throws a thousand thoughts at us about what is happening in this moment. We construct layer upon layer, of fears, doubts and anxieties. It's no wonder we drive ourselves mad!

And then we compound the problem by engaging our ego mind in long conversations.

Ego: *"Tomorrow is the first day of your new job are you prepared?"*

You: *"I am not sure I am, it's scary starting something new".*

Fear: *"What if I fail?"*

Doubt: *"maybe I am not as prepared as I thought I was".*

Anxiety: *"I feel like the walls are closing in. I can't breathe".*



Have a talk to yourself



If this is you, then you are not alone. As the world speeds up and expectations get higher, everyone is struggling to get out of their heads.

Our thoughts can be like ocean waves upon the beach, when one leaves another one takes its place.

For some people this means restless nights, where sleep is something other people do.

Inside our head is the first place we go when our world spins out of control or there is too much input for us to handle.

It's hard to get out of your head once you are in there. Your ego mind has a way of sucking you deeper and deeper into a maze of thoughts and insecurities.

Some people **NEVER** get out! They spend their whole lives so much inside their head, they miss out on many moments in which memories could have been made.

Have a talk to yourself



So what happens when you go inside your head...for one thing you don't pay attention to what is happening around you.

You get so caught up in this inside world, you walk through life with blinkers on. You also tend to have a lot of story time moments. This is where your ego mind tells you lots of stories about 'stuff' which more often than not has nothing to do with reality.

Your ego mind has a habit of turning off the light, and keeping you in the dark. And when this happens, fears, doubts and insecurities breed like rabbits, multiplying at an alarming rate.

It would be easy to beat ourselves up for not being enlightened enough to do battle with our ego minds. It would be easy to throw ourselves under the self-esteem bus and end up as road kill.

BUT you have to recognize this would not help anybody, least of all you. There aren't magic beans or miracle cures. Life is a series of steps, one after the other and sometimes it's one step forward two steps back.

The one thing I do know for sure is YOU have got this! All you need are a few tools in your spiritual toolbox and you will be able to get out of your head and back into your life!

The why of it all

Why do we get sucked into our heads and into conversations with our ego voice?

Because often there is no one else around to talk things through or we don't want to appear like we don't know by asking - what we think are stupid questions.

There are also moments when we feel so rushed, overwhelmed and under pressure that we are replaying the day which lies before us in our heads.

Our ego voice then becomes a personal secretary. *"Don't forget to pick up the dry cleaning and Billy has soccer practice at five and the car has to be put in for a service at ten."*

Then there are the moments when the fear monster comes out to play with our ego voice. *"Remind him he doesn't know how to fix a car."* Or *"Remind her she doesn't like crowds and closed in spaces."*

The why of it all

And lastly there are moments when the ego voice turns into a story teller, bringing up all the times when things went wrong and how they are likely to go wrong again.

It doesn't take much for us to get into our heads and out of the moment.

I know for me when I am very stressed, I tend to have a million conversations with myself. Most of them unhelpful. When I feel a loss of control, I replay things endlessly inside my head.

I can be in the shower and suddenly realize I have spent 20 minutes inside my head, oblivious to the water coming down on me.

It is almost like being on autopilot and perhaps this is the best description of what being inside your head does to you.

The why of it all



We float through our days without really being 'present'. Rather than utilize our energy productively we use it all up worrying, fretting, replaying events or telling unhelpful stories to ourselves.

Busy mothers do it, under pressure executives do it, stressed out teenagers do it, we all do it in some form or another.

You are not alone. There are people all over the world struggling to get out of their heads and back into their lives.

The reason I emphasize this is because you won't help the situation by beating yourself up, for not being 'perfect' or 'enlightened enough'.

You have enough to deal with so don't add the 'there's something wrong with me' story to the pile.





Tell me again

Hands up those who carry on conversations with people long after they have gone.

When we argue with our partner and the issue is unresolved, what do we do? We have long conversations in our head, about what we are going to say next time we see them. We replay the events, pick it to bits, and play out all the different scenarios.

When someone does something annoying and then walks off, leaving us fuming, what do we do? We keep the conversation going in our head, as if they were still in the room!

We do it because of several factors. Sometimes it is because we don't feel heard and sometimes it's because we didn't 'win' the argument. Other times it is because the issues were never resolved or maybe we felt brushed aside like our opinions didn't matter.

The Ego voice is always a willing listener. It waits in your head, looking for the perfect opportunity to provoke, egg on and encourage.



Tell me again

You *"Damn it she is such a bi#@ at times"*

Ego *"She didn't even look at you when you were talking!"*

You *"I know and talk about being self-centered, all she did was talk about HER feelings."*

Ego *"Next time yell louder, she doesn't like that!"*

And this conversation may drag on all through the day and possibly into the night. The other person will have probably forgotten all about the encounter and moved on. Meanwhile instead of living an abundant life you are living inside of your head!

We talk to our "selves" as a way of processing events. When things don't make sense it drives us nuts, so we replay them over and over again, trying to find answers.

We talk to our "selves" to feel in control of things which are out of our control, such as other people's behavior.



Tell me again

We talk to our “selves” when we feel powerless and small. It’s a way of creating a different story in our head, one in which we are the hero/heroine.

And while processing can be a good thing, hiding in your head is not. Replaying things over and over again making yourself angrier and angrier is also not a good thing.

Keeping the conversation going with people who have long left the room, not a great idea either.

So how do you get out of your head when your ego voice keeps talking and there doesn’t seem to be an exit door in sight?

There are a few steps to this process. Firstly, you have to figure out why you walked through the door in the first place. What pushed you into your head and out of the moment?

Were you getting frustrated and not feeling heard?

Were you biting your tongue because you didn’t you don’t like confrontation?

Were you unable to find the right words or struggling to find the right way to say them?



Tell me again

What buttons were being pushed and how were you being triggered?

Not feeling heard is a big trigger for me and it can send me into my head faster than a speeding bullet. Then my ego mind starts making up stories, most of which are untrue, and then the anger sets in.

So you have to figure out the why, and go from there.

Let's say you are like me and get frustrated when you don't feel heard. What can you do in the moment to keep out of your head?

If someone is not listening to you, there are a couple of options. You can suggest taking turns talking and then reflecting back what was said.

An excellent tool for couples. You can be straight up and say *"I don't feel you are listening to me"* or *"Can we have this conversation another time when you are able to hear what I am saying."* You can say *"this is what I hear you saying, is that correct?"*, making the other person feel heard, often makes them more open to what we have to say.

But what if you can't find the words, what then?

Then you have to be honest *"I can't talk about this right now, can we finish this conversation tomorrow?"*

Give yourself some space and time to formulate what you want to say.



Tell me again

Then there is always the interaction where both parties are angry and upset. Those who hate confrontation will hold it all in or say it in their head as the chaos goes on around them. **Never leave unsaid words in a room**, it's a sure fire way to end up in your head. This doesn't mean you can't do it respectfully and honor the other person in the process.

It doesn't have to involve yelling, screaming or slamming doors. Its three deep breaths to balance, and then a *"hey I know you are angry. I am too but I need you to hear me so how can we do this so everyone wins."*

Will there be times when none of the above will work? Absolutely. Will you have to walk away without being heard without feeling respected without a resolution to the problem...sometimes yes.

Then you will need to do the let go and let God/Creator thing. And you will need to talk to your inner child/ self rather than your ego self. It will be:

"This is out of my hands I cannot change this person's behavior or mind, so I am letting go of the need to do so."

"This person cannot hear me right now. I can wait for the right moment, to have a voice, to appear."

"I choose not to bring the past into the present moment. I choose not to bring all the people I am mad at, back into this room with me."

Tell me again



I have always found mantra's useful. A mantra is a word or phrase which is repeated as part of a spiritual practice.

It's a simple concept. If you are talking out loud to yourself you are not talking inside your head to your 'ego self'.

Mantra's that are simple and easy to remember are best.

"In this moment, I let go and let God."

"I choose to be fully present in this moment".

"I am only responsible for my own words and actions."

The trick is to keep repeating it over and over again, whenever you feel yourself being sucked back into your head. I say them out loud driving on the way to work, I say them in the shower, I will say them anytime I need to refocus my mind on the present moment.

"Worrying how things go wrong doesn't help things go right." — Karen Salmansohn



Tell me again

When you find yourself having long drawn out conversations in your head ask this one question?

"Who is in there with me?"

Then recognize the people you are stressing about, angry at or frustrated with, are probably going about their business not thinking about you at all.

You have choices; we all have choices. Doing your best to resolve issues as they arise, rather than not speaking up in the moment is a choice. Not holding grudges and resentments is also a choice. Trying to understand others points of view is a choice.

And I suppose, if you really like it there, you can stay in your head, creating stories, having conversations with your ego self.

Me - I would rather let go and let God, move on and move forward with my life.



Story telling

Once upon a time there was this little human who loved to tell stories. The bigger the story the better! She was a master story teller, able to weave characters and plot together faster than Stephen King!

Are you a story teller?

Do you make up stories about your life situation to tell your 'self'?

Do you spend all day in your head, making up tales of woe or poor me?

People who are in their head a lot tend to be great story tellers. They can take a simple event and create an epic tale of adventure and misfortune.

"Worrying is like a rocking chair. It gives you something to do but doesn't get you anywhere." — Erma Bombeck





Story telling

"I didn't sell any books yesterday", becomes – "no one is buying my books, maybe they suck, what if I never sell another book again, what will I do?"

"My boss told me I had made a mistake on an account", becomes – "My boss must hate me, I know he likes Bob better than me, I bet I don't get that promotion I was applying for!"

"My partner didn't tell me she loved me this morning", becomes – "I wonder if my wife is having an affair or maybe she just isn't into me anymore, what would I do if she left?"

Can you see the theme emerging here?

"I didn't sell any books yesterday."

What does this really mean...it means I didn't sell any books yesterday...there is no need to add to it. The rest is stuff I am making up in my head, stories I am telling myself.

"My boss told me I made a mistake", bosses are meant to do that, doesn't mean I am going to get fired.

"My partner didn't say "I love you, this morning", maybe she was too tired or distracted with other things.



Story telling

It only becomes a story if I keep adding to it. Or if I go inside my head and pull out worst case scenario's, old worn out beliefs and irrational fears.

Fear and self-doubt cause us to imagine the worst. There may not be any truth to it but we don't care. There may not be one single piece of evidence that anything we are imagining may come true, but that doesn't stop us. Once we are inside of our heads telling ourselves stories, everything else is irrelevant.

We have all become the story teller in our lives on some occasion. The sad thing is those, some of the stories we tell ourselves, can become self-fulfilling prophecies. **A self-fulfilling prophecy is a belief that comes true because we are acting as if it is already true.**

The man who believes his boss is going to fire him, becomes so nervous he makes more mistakes. He spends so much time worrying about what might happen, he doesn't get any work done and if he does its of poor quality. So eventually his boss does fire him. Thus his story becomes a self-fulfilling prophecy.

What stories are you telling yourself? How much is based on reality and how much is based on emotional energy?

It's not always easy letting go of a story. Sometimes the story is a way of not taking responsibility for our life. If we let go of the fears and doubts, it means having to actually find meaning and purpose in our lives.



Story telling



How do we stop creating stories inside our heads? Awareness is always the key. You have to become aware of when a story is developing and nip it in the bud before it starts gaining momentum. You have to use your mantra's and affirmations and you have to have a certain amount of trust and faith in those around you. If your partner didn't say "I love you" this morning, then simply ask them why. Not hard is it! Ask, don't assume. This will end a story very quickly.

The same goes with all of your relationships. You can't know what someone else is feeling unless you ask them. Be proactive rather than reactive.

If you make a mistake, ask your Boss how you can do a better job next time. Learn new skills, find a mentor or take a course. How much more productive are these options, compared to telling yourself a story where you end up being fired?

Don't let your fears, anxiety or doubts drag you into your head. Be a spiritual warrior not a story teller.

Ask the question often "am I telling myself a story?" If the answer is yes, then you need to change the story to a conversation with your higher self. "Creator what am I missing?" "Is this a moment in which I must accept what I cannot change?" "Do I need to speak to my fears, gain the knowledge I need to make the unknown known?" "What is this story really about?" "right now in this moment what is the best use of my time and energy?"

Get out of your head and listen to your soul voice.



Traffic circle conversations



Have you ever seen a traffic circle?

You enter into it then go around until your exit, however if you are unsure of where to get off, you could end up going round and round and round.

We have traffic circles inside of our heads.

Ever had a conversation with someone and they seem to repeat the same things over and over again? It's the never ending conversation.

When we are stuck in our lives, unsure of what the next step is or having doubts, we tend to go around in circles.

We will keep repeating the same things over and over again.

"I think I can do this, maybe I can't, if I only had a bit more of this, but then again that may not work either."

We never end up going anywhere or achieving anything. You might look up and one day and go "haven't I been down this road before?"



Traffic circle conversations



When we feel insecure or unsure about our lives, we tend to go into traffic circle mode. We seek out friends and bombard them with the same conversation over and over again.

It will go something like this: "I am not sure I should do it, what do you think?"

The friend will answer...then you will go "Yeah I know but..."

There are lots of but's on a traffic circle. But I could be wrong...But it might not work out...But what if this happened...But you don't get it...But... To exit a traffic circle one must know where one is going. Clarity is the key to opening the door which will get you out of your head.

You have to write down a simple statement which sums things up. This is where I am at, this is where I need to be, these are my obstacles to getting there. No but's. A plan of action, all laid out.

It involves faith, a belief in self and a commitment to follow things through.

Traffic circle conversations



You need to exit from the self-doubt and turn into the road which leads you to your dreams. If you are repeating the same thing over and over again in your head, you are having a traffic circle conversation. If you telling the same story over and over again to friends and anyone who will listen, you are having a traffic circle conversation and it's time to find an exit.

An exit is a way out. So essentially you are trying to find a way out of your head. Again awareness is the key. You have to 'know' when you are repeating the same old story. You have to have an awareness of the words you are using and the beliefs you are manifesting.

For instance, are you starting conversations with "Poor me". Do you use words in the negative?

Such as:

"People like me don't catch breaks."

"It will never work."

"Why try?"

And the classic *"There is no way out of this."*

If you are always being negative, you will always be stuck in traffic circle conversations which lead nowhere. Why? Because you don't believe there is anywhere to go! It makes sense doesn't it? People who have plans, who have a list of steps to get them where they need to be or people who are doing rather than talking about doing, they don't get stuck in traffic circles!

Don't be a hoarder

We have all watched hoarders on the television, unable to move in their homes because of the stuff they have collected over the years. Piles and piles of stuff, they are unable to let go of because of an emotional attachment to it.

But did you know you can be an emotional hoarder? You can collect the sadness of a broken heart, the bitterness of misplaced trust, the disappointment of lost opportunity and so forth.

You can also hoard out dated beliefs, old ways of looking at things and you can collect others people's emotional junk as well!

Imagine a child being told every day of their life they are worthless; where do you think that belief is going to be stored?

Imagine the child who is the emotional dumping ground of a parent going through a divorce. Where do you think all those emotions are going to be stored?

Imagine the teenager who loses a parent to cancer or has their heart broken; where do you think they store all those emotions?

Don't be a hoarder

The answer is simply in their heads. We all have the capacity to be emotional hoarders.

When you hear these words

"You are just like the last boyfriend/girlfriend I had"

Or these

"Only the beautiful people get anything in this world"

Or these

"This is going to be just like the time before, I might as well get used to being disappointed."

Chances are good you are walking over piles of junk which have accumulated in your head. And it is junk

Old beliefs will keep us in our heads, as will the residue of past hurts and disappointments. So many people sabotage new adventures by not being able to get past the junk in their heads.

Don't be a hoarder

When a new person walks into their life, they automatically judge them based on their past experiences.

When a new job opportunity arises, they don't apply because they are replaying all the previous rejections in their head.

When a door opens they will hide behind it rather than walk through it because other doors have led to dark places.

- What old beliefs are you hoarding and are they stopping you from getting out of your head?
- What old hurts, grudges, regrets are you storing up?
- Do still have emotional baggage from your past, in the corridors of your mind?
- Have other people given you their junk to hold onto?

These are the questions you will need to answer if you are to stop becoming a mind hoarder.



Sledging trash talk

In the game of cricket, when one player wants to psych another out and get into their head, they do what is called sledging.

Sledging is the tactic of talking to players on the opposition side, with the objective of destroying either their concentration or their confidence/self-esteem.

Our ego mind is very good at doing this to us. It will throw all sorts of negative, self-deprecating thoughts at us.



Sledging trash talk

"Hey you what makes you think you can do..., did you forget what happened last time?"

"You are not as pretty as the other girls - no one is ever going to want to date you!"

"Don't apply for the job, you don't want everyone to figure out what a loser you are"

"Fat people don't get to have happy lives, have another donut and give up."

Have you ever trash talked to yourself?

I bet you have! People with low self-esteem do it all the time. They don't realize the negative beliefs they hold about their self-worth. Nor do they understand how those words keep them in their heads and out of their lives.

It is also important to remember that words can quickly become beliefs.

When ego voice yells out *"Hey stupid why did you do that for?"*

Chances are good you will stop pushing yourself out of your comfort zone for fear of failure. Then, rather than living your life, you will spend all of your time inside your head, lamenting all the things you never did.



Sledging trash talk

"When your ego voice sledges you with "Your brother can do it, what are you, an idiot!"

Chances are good you won't go after higher paying jobs because you don't want to prove your ego voice right by failing.

Our self-worth takes a beating every time we trash talk in our heads. We are verbally beating the spirit out of our souls.

You think it's not that big a deal and everyone does it now and then. But sledging can become a habit difficult to let go of.

*"Rule number one is, don't sweat the small stuff.
Rule number two is, it's all small stuff."
– Robert Eliot*



Sledging trash talk

Imagine walking into a room and witnessing a child being verbally harassed by an adult.

"Your sisters are prettier than you!"

"Hey stupid lift your game!"

"Don't step on it fatty, you might break it."

"No one likes a whiner - suck it up princess!"

I do not know about you but I would want to defend the child and tell the person off who was talking!

Our ego voice talks to our inner child all the time like this, yet we do not jump in and tell our 'self' off!

We allow our inner child to be harassed, belittled and demeaned. You have to be the one who speaks to the voice which brings you down rather than lifts you up.

You have to be the one who changes the conversation in your head.

You have to become aware of when the sledging is happening and put a stop to it. No one else can do it for you.



Tip and tools

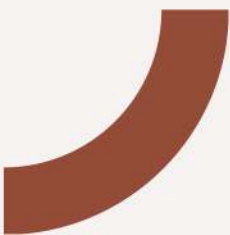
Be like Olaf – Let it go

If you have watched the movie 'frozen' you would know these words:

*Let it go, let it go. Can't hold you back anymore.
Let it go, let it go. Turn my back and slam the
door. And here I stand. And here I'll stay. Let it
go, let it go. The cold never bothered me
anyway.*

*It's funny how some distance makes everything
seem small. And the fears that once controlled
me can't get to me at all. Up here in the cold
thin air I finally can breathe. I know*

*I left a life behind but I'm too relieved to grieve.
Standing frozen in the life I've chosen. You
won't find me the past is so behind me. Buried
in the snow.*



Tip and tools



The hardest part for a hoarder is the letting go. It's hard to admit what we thought about ourselves and our worlds isn't true now.

It's difficult to throw out old out dated beliefs because they give us a sense of comfort and security. "Better the devil you know" as the saying goes.

- We hold onto being right, even when we aren't because we don't want to look stupid in someone else's eyes. Or we are under the illusion it gives us more power.
- We hold onto grudges, things from the past long gone. Families do this all the time. People don't speak to each other for years and years, all over some small thing someone couldn't let go off.
- We hold onto emotions, lost love, bitterness, envy or sadness. People who don't allow themselves the time to grieve, can wear sadness as a cloak until the end of their life.



Tip and tools



We hold onto the 'feelings' associated with events which happened in our past. Long gone but living in our memories waiting to be re-enacted. Each of us in our own way need to learn how to let go. I am not going to sugar coat it. At times it will be very scary but you are not meant to gather all these things and store them like a squirrel collecting nuts for the winter! Because if you do that you will end up nuts!

Maybe the safest way to let go, is if you have something else to hold onto or move towards.

For example:

- Let go of the need to be right but move towards a solution which honors everyone involved.
- Let go of all things chaotic which happen around you and hold onto the truth "This too shall pass".
- Let go of feelings of bitterness and hurt and move towards the act of forgiveness.
- Let go of anything which does not align with your life's purpose and which isn't in your highest good.



Tip and tools



There is only one ultimate truth in this world. And that is our time on this planet is limited. No one is immune to this truth.

- So why drag the past behind you slowing you down and robbing you of opportunities to be happy?
- So why store a whole heap of emotional baggage in your head, when you could unpack it and lighten the load you are carrying?
- So why hold onto out dated beliefs which keep you believing the worst instead of the best?

Do you want to, as the song goes, stay frozen in life?

I don't think so, because I know you know you are a divine child of the Universe deserving of abundance in all of its forms!



Tip and tools



Grab a coffee

Phone a friend, grab a coffee and sit and talk. Sounds simple doesn't it? But it's part of the letting go process we talked about before. Talking helps release emotions and friends give us a sounding board so we can process what is happening to us and around us. The important thing to remember is to set the ground rules before you begin.

Start with something like this:

*"I need you to listen. I do not need you to rescue, fix or advise me."
'I just want someone to listen. I want to share the heartaches of my soul and not be judged for the sins of my past. I just want someone to listen with all that they are, to be completely with me for one moment in time, a single moment I can claim as mine.'*

While talking is a good thing, there are some things you should avoid. You do not want to bare your soul to someone who will not respect your feelings or who will dismiss them. You do not want to talk to someone who enables or pushes you into playing the victim.

You simply need a to let it all out. Release the pressure. It is not rocket science; the less you have in your head the less time you spend in your head.



Tip and tools



Journaling

If you do not have a close friend to talk to, the next best thing is a journal. As a psychic I do what is called 'automatic writing'.

Light a candle, say a prayer or a blessing whatever works for you. (I usually ask the Angels to make sure everything which comes to me, comes in divine light, unconditional love and for my highest good.) Then all you do is pick up the pen and start writing! With automatic writing it is important not to censor what comes to you or try and understand it. The goal is simply to let the words flow upon the paper.

I write a lot of stuff which makes no sense to me at the time but when I go back and read it the 'aha' moment comes.

You do not need to analyze what you have written; the goal is simply to get what is inside out!

If automatic writing is not your cup of tea, then pretend you are having a conversation with an old friend. Write down all the things you would tell them about your life. How you are feeling, what is going on for you and what your fears are, what your dreams are, again the goal of journaling is to get what is inside out it is **THAT** simple!



Tip and tools



Be here now

Stay in the present moment. Observe what is happening around you, stay focused on what you are doing and saying.

Ever been driving and compiling the weekly grocery list in your head at the same time? It's very easy in this busy world to race ahead to tomorrow's tasks. Or to panic about the future and what it may or may not hold for you.

It's equally as easy to slip into the past and dredge up old hurts, wounds or regrets. All of which will keep you in your head and out of the moment you are in.

When we are in our heads we are not in the moment and when we are not in the moment it is one which will be lost to us forever. I have gotten half way across the city and forgotten where I was going because I was so distracted by the conversation I was having with myself in my head.

It is not easy to get out of your head it takes a bit of practice. Sometimes you have to pick up a book, watch a movie or go for a walk. Sometimes repeating affirmations work or starting a task which requires your full concentration.



introduction

It pays to ask yourself:

Can I do anything to change this right now? If you can't then worrying about it is wasted energy?

Why is it so important to me that I think about it all the time... is it connected to some emotional trigger I have?

What is my priority at this moment and should I be giving it my full attention?



Tip and tools



I am no New Age Guru but there are some things I know to be true. Such as you can't be in two places at once so if you are in your head you can't be in the moment. Nothing is more frustrating than being unable to focus and having a tumble dryer of a mind that tosses thoughts this way then that way.

It takes a little practice to learn how to stay in the moment perhaps the best way to make sure you do is to resolve issues when they occur. Say what you need to say and do what you need to do when it happens rather than 2 days later. This is my downfall at times. I stew on things rather than confront the issue and get it resolved. I can spend days torturing myself with scenario's which may or may not play out.

So my advice is the words which have been uttered in 12 step programs since they began: **Learn to accept what you cannot change and have the courage to change what you can change.**

Most of us intuitively know what we should be letting go of and what we should be dealing with. Like I said at the beginning, most of the time we fight only with ourselves.

Think about it right now in this moment what are the realities you are dealing with what are your feelings, emotions, tasks, to deal with what can you change, what can't you change, what can you do to step towards what you want?

Right now I am.....

Tips and Tools

Tune into your soul voice

- Are you like me? Do you have all the voices of your past telling you what you can and cannot do?
- Do you get to a place where things start to fall into place and then you wait for the other shoe to drop?
- Do you truly believe you are deserving of abundance and joy in your life?

It's very hard sometimes to hear your soul voice because it's just a whisper and your ego voice can be so loud and overpowering. Which is why it is so important to find those quiet moments where cell phones and TV's are turned off.

Moments where you can exhale, relax and listen for the voice which tells you "It's okay you have got this" or "Don't listen to the doubts and fears it will all be okay!"



Tips and Tools

If you are like me and battle the voices of the past don't despair, it will get easier the more you start to tune into the Universe's ring tone. Try and distract your ego voice by tactics like changing what you are doing. Switch things up a little, change your routine. **Remember to surround yourself with people who affirm your worth, encourage and support you!**

Listen and you will hear your soul voice....as it whispers it will be okay. Be still take a breath listen. Most people think, when faced with life's challenges you have to keep moving, keep doing, keep your' shit' together.

And while sometimes standing still may be painful may bring forth feelings you would rather not deal with...it is necessary to be still, to be quiet, to hear the voice of your soul. Why is it important to hear this voice? Because it will guide you through what you are facing; it will balance you and bring you peace.



Tip and tools



Spiritual spring cleaning

When was the last time you had a spring clean of your belief system? If the answer is never this is the first place to start. Keep it simple write down all of your beliefs no matter how small or big then ask yourself two questions;

- Does this belong to me or someone else?
-
- Does this still serve my highest good or do I need to let it go?

Sometimes without realizing it we hold onto outdated beliefs given to us by our parents or things we learnt from our siblings or through our peers. At 10 maybe you were not good at math, this doesn't mean at 40 you cannot learn to manage your finances. It is unlikely you have inherited your Uncle John's inability to do anything well; more than likely you got handed down a family role which you were then expected to live up to. We grow and as we grow, the usefulness of our beliefs needs to be re-examined; what served us at 20 probably will not be relevant to us at 40.

Not only do we change but the world changes - for example the good old days of the gold watch after 50 years of service are gone; these days after 2 years you are considered a long term employee.

This does not mean throwing away all you hold dear. My belief in the greatness of the human soul will always remain with me. You have to have a spring clean of your mind and soul every now and then because things change and you change and some beliefs are not going to work for you anymore.

Tip and tools



Distract and Divert

If you have ever been around a two yr. old, you will know the quickest way to stop them doing one thing, is to introduce something else into their environment.

Even though some people may think it's possible to think about two things at the same time, we actually can't do it.

So what you want to do is to divert and distract your ego mind. When you start having conversations in your head you get up and start doing something different. I know it sounds weird but it does work.

If you have broken up with someone and are replaying the scene over and over again in your head. , then maybe you would watch a movie, read a book or go for a ride on your bike. Anything to keep your mind focused on other things.

Any activity which requires your mind to 'think' about what you are doing is excellent. Such as painting or coloring or exercising or cooking. It really is a personal preference; the main thing is to break up your thought processes.

Tip and tools



The importance of words

How you language yourself and how you talk to others, all determines what your world will look like and what energy you will bring to you.

This is the lesson the Universe has shown to me many times.

Do I tell myself I can do no right or do I declare I am powerful and strong?
Which words do you think will provoke the most change?

You really have to make your inner child your new BFF. The simple rule of thumb is – if you wouldn't say it to your best friend, don't say it to yourself.

Would you tell your BFF they are stupid - I don't think so! Would you tell your BFF not to go for the job because they will never get it – I don't think so! And if your BFF put on a bit of weight would you give them a Weight Watchers Flyer – I don't think so! Then why do you say mean and hurtful things to your own inner child?

Awareness of the words you speak is the first step. Changing the words is the next one.

When your ego voice throws up “What did you do that for stupid!” Stand up for your inner child respond with an affirmation.

Tip and tools



"As a Master, I will access the knowledge I need to complete the task at hand."

"As a Master, I know mistakes are only lessons. I choose to forgive myself."

You should keep your affirmations short and to the point. There is no need to complicate matters by having even more long conversations with your ego self.

"You are too fat for anyone to love you" becomes "I am lovable."

"People like you don't deserve the good things in life" becomes "I am worthy of abundance in all of its forms."

There are no quick fixes. You are reprogramming your mind to think a different way so it will take TIME, PATIENCE and COMMITMENT on your part. And you certainly do not want to beat yourself up if it doesn't work within a certain time frame.

"I think and think and think, I've thought myself out of happiness one million times, but never once into it."

– Jonathan Safran Foer

Tip and tools



Breathe

I had someone come up to me the other day and say "I read your book 'What do I do now' and I started by stopping and taking a breath...it really does work!"

I am a Gemini and I operate at a speed most normal people don't... in top gear usually! However, as I grow older and more spiritually aware, I am beginning to see moments in which I lose a life energy breath. What do I mean by this? Well I can be walking down the corridor of my workplace and suddenly become aware my shoulders are up and I am not 'breathing'. So I stop dead in my tracks, take a deep breath in, exhale, drop my shoulders and continue, but this time with greater awareness of my breath.

As a psychic, the first thing I usually tell people to do when they come to me is to let the breath out...let the shoulders relax.... it's okay you're safe. Try it... now take a deep breath in, let it out, and let your shoulders drop at the same time. Very few of us are aware we are holding our breath during the day. Very few of us slow down to be consciously aware of the next breath moment

"Overthinking, also, best known as creating problems that are never there"

– David Sikhosana



Just Breathe

Not that long ago, I had to have a medical procedure. I remember sitting in the chair waiting to be ushered in and being overcome with anxiety.

I started having a long conversation in my head about all the things which could go wrong. Then I remembered the 4 7 8 breath exercise. **I took a deep breath in for 4 seconds, then I held my breath for 7 seconds and exhaled for eight.** I repeated the exercise for a total of four. And it worked.

It is amazing how quickly a simple breath can bring you back into the moment and out of your head!

Achieving self-care involves your own physical well-being, such as nutrition, hygiene, and seeking medical attention when necessary. This involves all the steps you can take to manage stress in your life and take care of your own health.



Things not to think about

People who live in their heads usually do so because they do not like life on the outside. You have to deal with your realities and get your house in order or otherwise your thoughts will keep you, prisoner.

Doing the next right thing is the quickest way to manifest what you want.

Treating and talking to yourself as you would a BFF is the best way to reprogram old beliefs and change damaging habits.

The best way to clean out your head is share your stuff by talking or journaling.

You can't think of two things at once so choose to think the best of yourself instead of the worst.

Remember words have power choose those which uplift not bring down.

Remember you may have to try a few different tools before you find the one which works for you. For some people listening to music gets them out of their head, for others meditation works. For some people gardening works but others find running works better.

It isn't a contest find the best fit for you. Align what you do and say to the person you want to be and the life you want to have! **Now get out of your head and start living the life you were born to lead!**

Thank You



*Our Prayer for you is that you may find peace in your heart and the
happiness you deserve.*

Much Love Robin

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