

*The Art of Allowing instead of Pushing*



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## Disclaimer

This course is based on my experience from over twenty years of one-on-one sessions, and it includes practical tools, exercises, and personal stories designed to support personal growth. I share my own experiences and insights in this course, but results will vary based on individual factors. Please use your discernment and apply the information wisely.

This is not a substitute for medical or psychological advice or treatment. If this course brings up too strong emotions or feels overwhelming, I encourage you to reach out and seek help.

Please take care of your own well-being as you move through the course. It is here to offer guidance and support, but your wellbeing remains your own responsibility.

*To all my clients past, present and future.*

*For walking this path with me, often trusting me with your deepest emotions. May you always be inspired to live a fulfilling, meaningful and authentic life*

*And to Michel*

*You give me the heart of an angel, and the courage of a lioness*



Please don't forget to  
watch the introduction  
video before you  
start reading  
Module One and Two

## Module One – Creating Circuit Cuts

When I was 40 years old, I woke up one morning, and before I even opened my eyes, a voice inside my head said "Oh typical, you woke up late, you probably won't be at work on time. I bet you had too much to drink last night. You will never learn".

Still with my eyes closed, I thought: 'I wonder who I would have been if I hadn't had this sneering voice in my head?'

That moment changed my life. I decided to find the answer by pushing any negative inner comment away, stating "No thank you, only positive feedback, please".

This voice had been there for as long as I could remember, but I had never considered her (it was a female voice) as something separate from me. Until then I had always automatically interacted with her, defending myself, cringing away from her, and letting her shame me.

I wasn't on the spiritual path yet, I hadn't discovered the New Age movement, nor had I heard of mindfulness. Meditation was as alien to me as eating crickets, so it was just me and my determination.

This occurred during one of the lowest times in my life. Nothing worked anymore: living on a Greek island didn't, and neither did the relationship with my teenage son. My love life, career and bank account were all at zero, and I had big health problems.

The inner voice was relentless when it came to finding something wrong with me, so my entire day became filled with my internal response "no thanks". Sometimes I would get so tired of being vigilant, that I would sit down and tell the voice "You've got five minutes, go for it", and then I would let her criticism wash over me. That felt strangely good: I was an addict who relaxed while getting her fix!

I persisted though. I moved to Western Australia (my son was already there), where I almost immediately met my now husband. At the same

time a woman told me that I was clairvoyant, and that I should start doing readings. Despite not knowing what a clairvoyant was, I knew that she was right. Eighteen months after asking myself who I would be without the nasty mind talk, I had my answer: I was in a happy relationship with the loveliest man, I had found my soulmate profession, and I had a proper mother-and-son relationship.

Because this simple shift has had such a powerful impact on my life, this module will focus on consciously quieting the mind, and the benefits that come with it.

When there is an area or situation in your life you struggle with, that can't seem to shift, you will have created a certain mind talk around it. This internal dialogue is connected to negative emotions, and they become triggered every time the topic arises. Over time, this becomes a repetitive and predictable cycle.

Even if you regularly meditate and know about stilling the mind, chances are that you don't stop your negative thoughts when dealing with the long-term issues in your life.

By creating 'circuit cuts' during those times, you will take your power back. Because every time you manage to stop the mind pattern, no matter how short, you create inner silence. This is the pathway to allowing your inner wisdom to rule, instead of your mind.

It is a simple method, and it sounds deceptively easy, but it isn't. It is a solid and necessary foundation that takes time and practice to master.

The reason that we don't automatically let our inner wisdom rule, is because we live in a fast-paced, mind-orientated society, which makes it easy to lose our connection to ourselves.

Having a busy life is not only the norm, but it has also become a status to aim for. We are doing it 'right' when we have a busy life, but our natural

state is stillness, and our inner wisdom comes forth from that. Our minds have the same pace as our society, so we often drown in an overdose of information and stimulation both from the outer world and from our minds.

The mind is shaped by a collection of beliefs, gathered from our childhood, our family, from life experiences (and those of our past lives, if this resonates with you) and from the collective consciousness. While we are not our mind, it will dominate us as long as we allow it.

We easily identify with our mind, unless taught otherwise from when we were little. I certainly wasn't. I grew up in the Netherlands in the sixties, and one of the principles followed to raise children, was 'Who doesn't want to hear, will have to feel', meaning that if you didn't obey, you would get smacked.

I was a slow child, who needed plenty of time to digest life. Still today, I need a lot of alone time to digest life, in between living it. My mother had no patience with that, she thought it was her duty to teach me how to be fast and extraverted. As a result, I learned how to ignore my feelings while pushing through stuff that felt wrong, or that I feared.

Eventually, my mind became a critical slavedriver, who was impossible to please. I was clueless as to how to create circumstances in my life that were right for me.

### How to stop?

When we are happy with our life and circumstances, being present in the moment is easy. When we feel disempowered by our issues, not so much.

Therefore - especially if you are new to this - start by becoming present at random, easy moments throughout your day, that are convenient for you. The goal is to build a positive habit, without adding stress. Then you can increase the difficulty factor, at your own pace.

An easy way to do this, is by taking a deep breath occasionally, then pause for a moment. Or you might stop and become fully aware of your surroundings or your feelings, especially when they are pleasant.

When I made the outline for this course, I wanted to make sure that I walked my talk, so I checked myself regularly, to make sure I was present in my everyday life. I was convinced I was already stilling my mind as a habit, so I was surprised by the number of times I had to remind myself to become present. And that was before practicing in unpleasant situations!

That is why, even if you are familiar with this practice, check yourself on being present in your everyday life, before you bring this exercise into more challenging circumstances.

My method for taking a mini break when being overtaken by emotions, is conscious breathing. I inhale deeply through the nose, first filling my belly and then my lungs to the top. I hold for a moment, and then slowly exhale – again through the nose – all the way, pushing the air out as I draw my belly towards my spine. Here, I pause for a moment again. Concentrating on how I breathe helps me create the circuit cut I need.

This is just to give you an idea, but please do whatever feels right for you. You might want to imagine inhaling calmness and exhaling stress. Or perhaps you might want to visualize breathing in light, or a specific colour. Whatever feels right for you, will work best.

Rewarding yourself with what is already there.

Focussing on what surrounds you, especially when it is beautiful, is a great way of becoming present. I live in a place full of beautiful trees, but often, when I step outside, my thoughts are everywhere but with the beauty of my surroundings.

Now I am training myself to slow down and enjoy, even just for a few seconds. These moments change my attitude completely.

Another way to reconnect to the present moment is to pause briefly when you are fulfilling a need or desire, but find yourself too caught up in your thoughts, or too busy to enjoy it.

For example, on my discovery journey to see if I was present in my daily life, I discovered that one of the times I was often not mindful, was while eating.

I typically eat small portions, which means I need to eat more often than most people. But on days I don't have time or I forget to eat, I end up so hungry that I wolf my food down, and am full almost immediately, having barely tasted my food.

Now I stop for a moment during every meal, to become aware of the food in front of me and of how I am experiencing it.

I noticed the same, be it in a different way, when it came to spending time with my grandson in Greece. He was born at the time the pandemic started, so instead of crying happy tears while holding him as a newborn baby, I cried them two years later when I hugged him as a toddler.

Still today there are many limitations regarding the time I can spend with him. When I checked in with myself as to whether I was present during our play time together, I found out that no, I was not. The stress of being unable to be a regular presence in his life was always in the back of my mind, and it stopped me from fully enjoying our time together. I changed that as fast as I could!

Now, I sometimes stop to melt over the cuteness of his nose, or I lose myself in the sound of his innocent voice singing made-up songs. I soak in every hug, kiss and smile, and somehow, it feels like we have much more time together than before.

Whether you are just starting out or already experienced, don't stop until you have mastered the ability to create a circuit cut in any situation. It is the first step to restoring the balance between your brain, heart and intuition.

For example, one of my clients struggled with his wife's anger issues. Her outbursts triggered him in a way that made a screaming match unavoidable. Every single time. He trained himself to do mini resets. At first, he did this only while alone and relaxed, then with difficult clients, then later with his children when they were at their worst, and finally when his wife became angry. His new-found capacity to stay calm has greatly improved their relationship.

Another client was convinced that others took advantage of her incapacity to stand up for herself. No matter what the topic was, she would come up with a related story where she had been disempowered, either by others or by circumstances.

She was not thrilled when I suggested that maybe most of this was in her mind, but after I explained the cause of her belief, she promised she would look into it. Her first homework was to take a mini break every time she heard herself complain to others. The first time she interrupted one of her 'poor-me' stories and changed the subject, I received a victorious text from her. She told me later that being able to stop herself, felt like a liberation.

### Exercise!

The beauty of this exercise is that you can do it anywhere, anytime, without taking up any extra time. So, if you feel too busy to practice, know this: it won't cost you time, it will save you time. Not someday, but right away.

Becoming present by interrupting the mental chatter, is like when a renowned speaker is introduced to a noisy and chatty audience. The room falls silent, and the voice that matters can be heard.

In the same way, the silence that arises when you stop, allows your voice of wisdom to come through.

The first part of this exercise is checking out how present you are in your everyday life.

In the beginning, I thought that to randomly stop while being in a good space, would be just a warmup, and that the real practice was knowing how to pause when stuck in a negative, broken-record thought pattern.

I underestimated the power of this practice, because every time I became present, I didn't think. I wasn't missing anything. I was still. The more this became a habit, the more I felt that I had a choice. For example, having a life wherein my loved ones live on opposite sides of the world, means that I always miss some of them. However, I cannot miss anyone when I am present, no matter where I am.

I worry a lot about what we do to nature, but when I am in-joy being in nature, I can't worry.

I am part of a wonderful dance group, but my body doesn't always allow me to have as much dance practice as I would like. Now that I am fully present in the moments I *can* dance, it feels like enough.

Doing this exercise has created such a contrast with my negative thought patterns, that they stand out more. *On a clean floor, one dirty footprint stands out.*

The negative thought patterns form a dirty footprint on my, now much cleaner mind, which gives me more choice to give into them or not.

Therefore, if you are someone who starts a course with enthusiasm, but who loses momentum fast, be assured that just by mastering the first part of this exercise, you have changed your life for the better.

The second part of this exercise involves becoming present in situations that affect you negatively.

In my sessions, I like to begin before the client tells me their specific reason(s) for coming to see me. First, because the information that comes through bypasses their usual way of thinking, opening their mind to new thoughts. Second, I often describe myself as a kind of radio, able to tune

into the higher self of the person in front of me. The energy I channel is theirs; I simply give it words.

Because of this, clients naturally resonate with what comes through. Even if their mind can't place it right away, the energy behind the words is absorbed. This creates an – often beautiful - energy flow between us. This flow also stays intact when the person gives feedback or asks questions.

However, once the person starts to talk about their long-term issue, they change. The flow between us diminishes, and they close off to me. When I make suggestions, their responses often become defensive, filled with phrases like:

“Yes, but...”

“I can't, because....”

“I've tried that, but...”

It is as if the issue has become so ingrained and rusty, that no fresh thoughts or new possibilities are allowed in.

The goal then becomes to create a pathway, an opening, for more empowering ways to view and approach the issue.

This is the foundation of my work. This is also the foundation of this course.

The reason why it works well in a session is that there are two people involved, and one of them, me, is objective. I have no personal connection to the issue, so I don't get pulled in by the bully in their head, nor by the doom thinker, or the chronic worrier.

This gives people courage. Understandably.

It also helps that the guidance, the client's own higher self, comes from an unconditional, loving place: it has the best intentions, and understands what the person can and can't handle at the time. This creates a safe space in which to move forward.

When doing this exercise on your own, try and create a similar safe space for yourself. Be mindful not to get steamrolled by the familiar inner

arguments. Stay objective. Self-understanding means not expecting things from yourself that simply aren't possible right now. Be kind and patient with yourself. Work with what feels right, not with what you think you 'should be' able to do. And please, be the one who comes from a place of love. No self-judgment allowed.

Will the negative voice in your head conveniently move over so that you can do this exercise easily? Maybe, or maybe not.

If it doesn't, you might have thoughts like:

"I'll never be able to do this"

"I've tried this so many times before"

"I know it works for others, but not for me"

"My mind is just too active"

For all the above: Great! You found your material to practice on.

Whatever the sabotaging thoughts are, remember that they are only a few stitches on your knitting needle. Don't knit a whole negative-thought jumper from it. Instead, stop for just a moment and let it go. Success already!

I realize it is easier to interrupt your thoughts when experiencing something pleasant, than when you are caught in the grip of a negative inner voice. In the second part of this exercise, I would like you to explore different areas and to choose the path of least resistance. You will find that you are better in some areas at stopping the mind than in others.

For example, I get bored easily, so when I am stuck in a situation with no clear solution, I eventually pick up on the broken-record voice in my head and say to myself: "girlfriend, I am done going over the same stuff. Unless you come up with a solution, I don't want to hear this anymore". And I do mostly stick with it.

If there is an unexpected problem that triggers me though, I can easily be swept away by disempowering thoughts and emotions. During these times I struggle to create a circuit cut.

Maybe you can think of some habits you could begin to let go of, like second-guessing whether you said or did the right thing, worrying about being liked, or feeling guilty for not being a good enough friend, parent, or employee.

Here is the thing: just considering the idea of putting a stop to these thoughts, makes you successful at this exercise.

When you feel ready, you can start to develop a more equal relationship with your fear-driven mind. For example, the women of my dance group socialize with each other individually outside the dancing, but I don't. Completely my choice. However, my fear mind can't help cutting in when I hear about an outing *I* wasn't invited to. If I let the fear mind 'knit a jumper of it', I will soon believe that I am an outcast and that no one in the group likes me.

I respond internally with the truth, which is a healthy dose of anti-drama: "Melita darling, they have given up on asking you. You don't want to be asked, because you don't want to go. They know that, maybe you should too?"

At the beginning of one of the seasons of 'The Biggest Loser', the contestants had to compete by running up and down the steps of the Sydney Opera House. One of the contestants was yelling non-stop 'I CANT', I CAAAN'T', and the trainer, who did the steps with her, said, without interrupting his pace or looking up: "too much drama, babe". Nothing else.

Such a great reminder.

Our fear mind is like the voice recording of an escalator: "Mind your Step, Mind your Step". Only our fear mind doesn't stop here, if we let it, it will soon move to "You will fall, you will fall". When we still don't interfere, it

will convince us that you will fall, break something and never walk again. Fear minds have vivid imaginations – and a flair for drama.

The truth is, that you can figure things out by yourself, without your fear mind discouraging you. This is the central theme in the story that opens the next module, in which Peter hangs on every word his friend Mind says, until his long-lost childhood friend Self makes a powerful return....



## *Module Two*

# *Finding the Courage to Listen to your Intuition*



## Module Two - Finding the Courage to Listen to your Intuition

As a young boy, Peter was injured in a bicycle accident. For the latter part of his recovery, he had sessions with a physiotherapist, and he knew right away that this was what he wanted to do when he grew up. He wanted to help people become strong and fit again.

After high school Peter took a year out to travel. He fell in love with scuba diving, and for over a decade, he worked in the most beautiful places as a dive instructor. When his girlfriend fell pregnant, he took her back to his hometown to build a life there.

They got married, and Peter became a father of two and a homeowner. But his wife missed her traveling life, and she didn't feel she was cut out to be a mother. Before he knew it, she was gone, and he was a single father with a big mortgage and a full-time job.

After the first shock, he adjusted quite well to his new life, but in the merry-go-round of work, taking care of the children and household, he longed for more fulfilment in his life, and he wondered if it would still be possible to become a physiotherapist.

He talked about it with his good friend Mind, his neighbour, who had been there for him during the hard times, after Peter's wife left him.

Mind pointed out that Peter didn't have the time, nor the money to study, and even if he had, he simply wouldn't have the energy to take on another task in his life. He sympathized with Peter that it was terrible that he couldn't do what he was passionate about.

Four years went by, and Peter and the children were doing well. Peter had carefully started dating again, his job was secure, he felt financially stable, but he still missed the fulfilment he had experienced when working as a diving instructor. He knew the same passion would come alive in him if he worked as a physiotherapist. Mind reminded him regularly what a

pity it was that things worked out the way they had, and that Peter was absolutely not in a position to make changes.

One day, Peter bumped into his childhood friend Self, whom he hadn't seen for two decades. Peter invited him over to his house, and they talked about Peter's travels and diving adventures, and how Self was now a Physical Education teacher, involved in organizing holiday camps for young people in foster care. The passion and love with which Self talked, gave Peter a sudden sharp pain in his heart. Self looked at Peter empathically and asked "Do you remember how you wanted to become a physiotherapist as a young boy?"

At that moment, there was a knock on the door and Mind walked in. "I couldn't help overhearing your question" he told Self, after introducing himself, "Yes, Peter is still talking about his old dream, but with the way his life has gone, he has no time, and raising children isn't cheap, plus being a single father with a full-time job, he simply doesn't have the energy to study".

Although he had heard these arguments a thousand times before, Peter was paying Mind full attention, but when he looked back to Self, the latter was still focused on Peter, as if Mind hadn't spoken.

Peter, somewhat confused, answered Self: "Yes, I would still like to become a physiotherapist, but I..." That was all he could say, before Self interrupted by asking kindly: "Why physiotherapy? What is it that you love about it?"

These were the words that echoed through Peter's head when he woke up at 3am that night. He realized he never got to answer that question. Mind had changed subject and somehow Peter had forgotten.

But now, in the stillness of the night, he remembered, and he answered in a quiet voice to the darkness "because it felt like magic. To go from hardly being able to walk, to running and cycling again, felt like a miracle".

"It only felt like magic because you were a child. After your time in hospital, your muscles had wasted away. They just re-activated them

through massage and exercise”, Mind said. The two men were on their way to soccer training, and Peter had just shared with Mind what he had come up with during the night. Mind’s answer hurt Peter a bit, and he felt embarrassed about texting Self about his discovery, with what now felt like misplaced childish enthusiasm.

But Self did not share Mind’s opinion. He texted back saying that this was the best reason ever to become a physiotherapist! As it was difficult for Peter to make his dream come true for now, had he ever considered becoming a sports masseur? His brother-in-law, Chance, was an excellent masseur and massage teacher.

Peter’s brain did this funny thing, where it started several thoughts at the same time, but nothing came out. But Peter felt something. A mixture between hope and excitement. Something he hadn’t felt in years.

During the following days, Self and Peter kept in contact. Self had given Peter the details of Chance, and Peter had devoured the man’s website. He subscribed to his newsletters and had watched every video on his YouTube channel. Chance was so knowledgeable: whether the topic was the human body, nutrition, sleeping habits or footwear, he was a world of information.

“What’s up, bro?” Mind asked Peter when he passed by to pick him up for the soccer game. “Not much”, Peter said, feeling a pang of guilt. He hadn’t consciously decided not to tell Mind about his plans. Mind had been the best friend a man could ask for, during the first year his wife left. He had shown enormous amounts of compassion and patience for Peter’s situation: he never grew tired talking about it with him, reassuring him that he hadn’t done anything wrong; that he didn’t deserve any of this, and that he had every right to feel hard done by, because his life was not going to be his own again for the next eighteen years.

But something had changed since Self had come back into his life. Self treated him as the person he had been, not like the victim of circumstance he had become. He congratulated Peter on having created a beautiful

family, telling him what a great job he did with his girls, and how fortunate they were to have such a doting parent. He also thought Peter had done well, finding a job as a salesman at a popular sports shop. "That suits you perfectly" he had said, "you always did love anything sport. And how smart of you to already have become assistant manager, with the prospect of becoming the manager".

Mind, on the contrary, had always told him how sad it was that a brilliant guy like Peter should settle for a job selling soccer balls to snotty kids, but now that Peter thought about it, Self was right: he had a job that suited him well, because he did love anything to do with sport. Clients asked for advice, and Peter loved giving it. Especially to the 'snotty kids'.

Peter felt uplifted and inspired by Self. His friend had kept his own fire alive and was now living a passionate and fulfilling life. Peter felt his own fire being re-ignited by his friend. His daughters loved Self, and they loved his wife too. When visiting them, Self had organized a steeple chase in his backyard for all of them, and his wife had dragged down her old dolls house from the attic. She wrote and taught poetry, and she had sent him a beautiful poem about his daughters, that had brought tears to his eyes.

Mind, on the contrary, was very sceptical of Self. He called him airy-fairy and said he was seeing the world through pink-tinted glasses.

On his website, Chance had a schedule of dates for workshops and massage trainings, and Peter couldn't wait to participate in one of them. It would take a bit of organizing of course, with Chance living over an hour drive away, and the girls needing to be looked after, but it could be done. But then the strangest thing happened: every time Peter found an event he wanted to participate in, Mind had something planned as well. First, he had found tickets that were almost impossible to get hold of, for a very important soccer game. The next time, when Peter was about to sign up for a workshop he was interested in, Mind asked him to help him fix a leak in the roof of his house.

Then came the day, that Chance started a new sports masseur training course. This was something he couldn't afford to miss, as Chance only

started a new course once a year. Peter put down a deposit and organized for his children to stay with his parents.

Five days before the date, Mind reminded him that the following weekend was his wife's birthday weekend, and that he counted on Peter to be there to be his right hand, as the whole family would be coming, and Mind needed his help setting up the big yearly BBQ.

Peter profoundly apologized, telling him he had a full weekend massage training, that wouldn't finish until around 4pm on Sunday afternoon. Would Mind be terribly upset if he didn't get there till 5pm?

Mind had a lot to say to that. He reminded Peter of the bad decisions he had made in the past; how, at the age of thirty-six he still didn't have a proper career, and how he would never be able to pay off his house, if he continued like this. Besides, why invest in something that wasn't even what he really wanted?

At the beginning, Peter listened to Mind as he always did. But halfway through, he suddenly realized that even though he was grateful to have a caring and protective friend like Mind, he wasn't always right. It was Self who really got him, and who brought him closer to himself. On top of that, Self had brought Chance into his life, and Peter wouldn't give up on either of them for anyone, not even for Mind.

Unless your friends' names are Mind and Self, it isn't always easy to know which of the two is talking to you. The difficulty that clients often voice to me, is that they don't know if their inner voice is real, or that they are just making it up.

This is understandable, considering the overload of information we receive from our environment about who we should be. As a result, it is hard for us to know who we truly are. We tend to suppress those feelings that don't fit the picture of the beliefs we created from our childhood.

What comes to mind when I think about this topic, is an article I read years ago. It claimed that if the original Barbie doll were a real woman, she wouldn't be able to stand nor walk. She would tip over, because of her unrealistic proportions: oversized breasts and an impossibly narrow waist and hips. I was blown away by that. I still am. I found it scary to think that while the dolls I used to play with were modelled after babies or children, the generations after mine – especially girls – were handed an 'ideal woman' figure, who had impossible dimensions. (Barbie hadn't taken off in Europe when I was growing up).

As for boys, many were raised to believe they had to be big and strong - crying was for sissies. They were not taught to be in touch with their emotions at all. Fast-forward to today, and many women complain that they are 'overqualified' for dating, because the men they meet haven't done any work on themselves. Hmm, I wonder why?

These are just a few examples of indoctrination you could have been exposed to, to give you an idea of why it can be difficult to hear your inner truth.

The self, however, remains untouched by outside influence. It simply tells us the objective truth. This truth can often feel intimidating or even scary, mostly because the moment we receive it, we assume it means we have to act on it. And when we are unable to do so, we feel ashamed, embarrassed or threatened.

For example, someone who knows (deep down) that their marriage is over, but who becomes overwhelmed thinking about the consequences of a separation, will have created a set of reasons as to why they can't/won't leave. This set of reasons will overrule the truth as soon as it comes up.

A man whose father left when he was little, leaving his mum to raise him and his siblings on her own, will, most likely, have been taught that separating from his spouse would be a bad thing. The man has also suffered not having his dad around when he grew up, so he promised himself to never do that to his children. But he is deeply unhappy in his

marriage, and he knows that the right thing to do would be to leave. Out of fear, instead of listening to his inner voice, he thinks himself into a knot and develops an inner voice that goes around in circles, without coming up with a solution.

This is the same for his sister. She doesn't want her children to grow up without a father, because she has seen her mother struggle for years, and she too, missed having her father around. Instead of listening to her intuition, she overrules it out of fear that once she feels it, she will have to act on it. She doesn't think she has a choice. Only, she does have a choice.

Take my husband, he always has the GPS on when he is unsure about the whereabouts of his destination, but he hardly ever does what the GPS tells him to do. He gets there anyway though, in his own way.

He doesn't feel that he should be following the advice of the GPS; he just needs to know in which direction his destination is. He knows he has a choice as to which roads to take.

But if you – for example - were raised to believe that a good Catholic girl sticks with her husband, no matter what, or that a man who leaves his family is a bad person, you will see your inner truth like the enemy, the one who tells you what you are afraid to hear.

The truth is, that the changes we need to make in life, are often not half as big and drastic as we think. In the above examples, even though separation feels like the best thing to do, the timing might not be. That is okay, there are good reasons for waiting. What matters most is staying connected to your inner knowing. It will guide you all the way. Promise. You just have to keep listening.

Your intuition is your freedom; it is your GPS. Even if you are not going to follow it, it is still very important to know what it says. Especially because here you are not dealing with the areas of your life – and I am

sure you have many – that work for you. This is about what doesn't work, so every piece of information is important, and you do have a choice. If leaving your marriage, your country, your job, or breaking with your family, is what you know would be the right way forward, but you can't make yourself look at this truth, you will feel confused and lost. You are stopping yourself from looking at your GPS when you need it most.

Instead, acknowledging that you know the right direction, but that you are not ready to go there yet, is like saying: 'I can't move in a straight line (for now), but let's see what I can do'. Trusting that you are allowed access to your inner knowing without having to act on it, means you have left self-judgment and self-criticism behind.

How to feel what is real and what isn't?

The way I differentiate between what is the real me and what is the fear mind is that I feel which one is which. The self causes a feeling in me on a much deeper level than the mind. This is why we say: "deep down I knew".

The things the negative mind tells me, are often a repetition. For example, every time the mind says "How is it possible that you still didn't finish this course?" (in different variations), I feel a pang of guilt, and I jump up to start working on it, until I hit a wall again. As both the words and my reaction are a repetition, nothing awakens in me that causes a real change.

When I make the time and effort to ask my intuition why (according to the mind) I procrastinate to put this course together, I feel that I need to live every module on a deep level first, until I own it. That gives me the confidence to let the course temporarily go, and to trust that the next step will come to me when I am ready.

In general, when it comes to our long-term limiting beliefs, our mind talk is repetitive and negative. When you come up with a positive solution, it is full of 'yes but-s' and 'no, because-s'.

Our intuition doesn't have that much to say, but it goes to the core of the issue. When you listen with a quiet mind, you will recognize it as the truth.

Don't expect to hear or feel a solution right away. The unhappily married woman from the above example might just be overcome with deep sadness, when she listens to her intuition. Nothing else. You might feel uncomfortable with the thought of just being with a painful emotion, but it is where the real journey starts.

This is what is missing in many coaching courses: the focus is too much on what you want to become, not on who you are. If you can't face what is here now, how can you ever truly heal?

The fastest way to your inner truth is to be ready to hear/feel whatever comes up. Unless you are open, you will self-sabotage. If you discover that you do self-sabotage, that is great, because realizing it without judgment will be a big step in the right direction.

If you don't hear, feel or see anything, you can congratulate yourself on having mastered the exercise of Module One completely. Being able to have the space to hear and feel yourself, is hugely important. Give yourself the time and space to stay at this point. The rest will come.

Exercise!

When I grew up, there used to be a game on the radio where three famous people were recorded speaking at the same time, for about 15 seconds, and then the contestants had to guess who they were. The callers were only allowed to hear the recording twice. If these contestants

had been given the opportunity to listen to the recordings more often, they would have started to recognize the individual voices. It might have taken them six times or more, but eventually, they would have figured it out.

The same principle applies here: practice is everything. At first, you will need to pay close attention to hear or feel what is real, but with time, it will become easier.

I will give you a few examples of random circumstances to give you an idea of how it works. After reading them, you apply the questions to your own situation.

Imagine that for years now, you have had the desire to sell up your city home and to move to the country, but your need for security stops you. The broken-record voice in your head is tossing you around, telling you how desperate your need to move to the country is, then summing up (or showing you) everything that could go wrong, and before you know it, you are stuck in your future worst-case-scenario scene where your only option is to live from your car.

The result is that nothing changes.

Now, imagine knowing that you will never move to the country, and see how that feels. Then, imagine knowing that you will move to the country, how does that feel?

Leave out all the reasoning, just how does it feel?

Or, after your last dog died, you and your family decided to take a break from having a dog, so that you are free to travel. Rationally, you completely agree with this decision, but your heart is longing for doggy cuddles.

How does it feel to give up on your travel plans, and to get a dog now? Then, how does it feel to travel dogless with your family during the coming eighteen months?

Forget about the rational decisions and the consequences for your family, just how does it feel to you?

Or, you have a job that you like and maybe even love; the money is good, your colleagues are nice, and the hours are reasonable. Only, you have been thinking about going back to being a student, and the study you are after will take three years. Full time. Your fiancée wants to buy a house together, like, tomorrow. If you become a student again, you won't be able to buy a house.

How does it feel when you think you will never do this study? How does it feel to tell your fiancée you will do the study?

Just for a moment, set aside the rational decisions and the possible consequences for your relationship or for your fiancée, just how does it feel to you?

I use this method a lot with my clients. Sometimes we have so much information gathered in our head regarding a subject, that we don't even know what we are feeling. Generally, when I ask a client what they feel about their dilemma, they will sum up stuff from their mind. This is often based on the expectations and needs of others. With this exercise you turn your GPS on instead. It marks the start of the journey towards moving in the right direction. To do what is good for you, you will need to know your desires and needs. That is why Module Three is about having your own back through self-acceptance and self-love.

Whatever comes up during the exercise is okay. One of the two possible outcomes normally hurts the deepest, and that in itself is already a great outcome. This isn't about finding a solution yet; it is about allowing yourself to see what is there without fear. This way you give yourself the opportunity to eventually work up to a solution.

There is no right or wrong here: you might only hear your mind going around in circles, and that's okay. It might be the first time that you fully recognize that there is something more than this. As I describe in Module One, this is what happened to me, and that was the beginning of an amazing and ongoing journey.

Therefore, please don't use this as a way to disempower yourself. The purpose of this exercise is simply for you to become fully aware that you are not the mind. Even realizing how hard it is for you to detach from your thoughts, is a good outcome. And if you don't get discouraged by zero results (for now!), that is the best outcome. That is success!

To grind this into you, next up is a video about self-love in the form of self-support, knowing yourself, accepting yourself, and being genuinely curious about yourself, just like the most important person in your life deserves to be.

