

# Episode Transcript

**TAOLC EP: 014** - *What Defines a Defining Moment? How to Turn Roadblocks Into Opportunities*

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Welcome to the art of living consciously podcast, a show designed for out of the box thinkers and mindset shifters, who are looking for new ways to evolve. This is an intimate container designed to uplift, inspire, and motivate you on your own growth journey. I'm your host, Dannie Reeve, as a certified BNE, Bioneuroemotion practitioner. I empower men and women to turn their conflicts into stepping stones for growth. Because when you question your own beliefs and perceptions, and take responsibility for your life, everything else follows. If you ask me, Earth is a place where souls are sent to evolve, and in this podcast, we will discuss the best tools for our evolution.

Hey, it's good to be back. If I say it's good to be back, it's because as probably you will have noticed, this episode is airing a little later. And this is due to some technical problems, but also to some mindset problems that I faced, I realised that is what the technical problems were reflecting back at me. And so I thought I would do an episode on defining moments on what it takes to look outside of us for the answers and how sometimes, there are some blocks on our path that we feel are external, but actually are a defining moment for us to make the right choice for ourselves.

So last week, I had a lot of external issues and unusual workload, some technical issues, and I was just getting very, very frustrated with myself. And then I was scrolling on Instagram, as you do when you procrastinate. And, when you're trying to avoid what you should be paying attention to. I guess that you can all relate to that at some point in your lives. And yeah, I was doing that. And I came across a post by the actress Meryl Streep, the Instagram post is a photo of her when she was really young. She's on some sort of public transport. I think it's probably the tube. The caption reads as follows. *"This is me coming home from an audition for King Kong, where I was told I was too ugly for the role. It was a momentous moment for me. That ill intentioned opinion could have shattered my dreams of becoming an actress, or forced me to pull myself together. And believe in myself. I took a*

*breath and said, I'm sorry, you think I'm too ugly for your movie, but yours is just an opinion out of 1000s. To this day, I have 18 Oscar nominations" Meryl Streep.*

Now apart from being a badass post that I absolutely love and it made my day, and I hope it will be inspiring for you as well. I feel it's very telling and representative of what a defining moment is, and what actually defines that moment. The defining moment is not what happens outside, but how you choose to deal with what happens outside. And in fact, if we go further into that: there is nothing outside of you. Now let me clarify that. So it makes a little bit more sense. For your unconscious mind, there is nothing outside of you. Everything that happens is real, and is part of you. Why because the way you perceive the world has much more to do with you than the world itself. Now your unconscious mind represents 95% of everything you do. Your beliefs about yourself, will determine how you choose to see what is happening outside and how you choose to respond to it.

So actually, that person telling Meryl Streep that she was too ugly for the show was Meryl Streep's inner thoughts about herself. That person was just reflecting back at her, her own inner doubts and insecurities. And she chose to rise beyond that. The defining moment was the choice that she made when she was faced with her own insecurities. If she had let her insecurities run the show, she would have not been an actress, her mind would have told her that that person was right, that she was ugly, she probably would have tried to do some plastic surgery or whatever. She would have fed into that narrative. The defining moment was her choosing not to do that. She chose to believe in herself and to enhance that part of herself that does believe in her. So that person was a blessing in disguise.

I like to see life as a hero's journey. In other words, you start off to do something that you really want to do. And then life is going to test you. On your journey you're going to meet people, or things that will be an obstacle in your way. And you will also meet people and things that will help you on your way. But at the end of the day, all these people and things are rooting for you to keep moving forward. It's just that some of them just don't know it. And they are showing you your strengths, and your weaknesses. And it is up to you to decide what you want to do with what you see, or what you encounter on your journey.

And actually, Meryl Streep's Instagram post ended up being a defining moment for me as well. Or it might have been one of those sort of mentors or helpful elements that came into my consciousness. As I was dealing with all this external chaos, it was a reminder for me to see what I was doing to myself, and how I was choosing to approach things. I had to remind myself that the way I perceive things has everything to do with me. I can continue to blame

the external circumstances, my workload, my technical problems, yada, yada, yada, yada. Or I can see them as an opportunity to choose differently as an opportunity to do things in a way that will help me along my journey, and not hinder me. Because nothing outside of me can hinder my journey.

So I'd like you to now think about this for yourselves. And think about some of your own defining moments in your life, some maybe big decisions that you had to make, maybe it was a career change, maybe it was to stay in a partnership, maybe it was to get married, maybe it was to leave home, maybe it was to start up a new project, take up some new studies, continue excelling in a sport that you're excelling. Whatever comes up for you. Just think about that major decision that you took, that desire of yours that you wanted to move forward, and that you wanted to manifest in your life. What external obstacles came up for you? And how did you choose to approach them? Did you deliberately seek or focus on opinions that validated and proved your insecurities? Did you override your sense of self by giving in to those opinions, or to the circumstances? Let's be real, we've all done this at some point in our lives. And it's good to reflect back on it in order to see how to move forward and what to do. When this happens again.

I'll give you an example of how this can happen. You might be in a new relationship, and you've really liked the person, but then they do something that you're not too sure about. And you have a tendency of running away from relationships. I'm going to use a personal example. And so what you will do is that you will seek opinions that will validate your fears, or what you always tend to think, so you will seek advice from that friend, who you know doesn't really like your new partner, for example. And she will just reinforce your suspicions and doubts. And you will end up ending the relationship when deep down, you know that that was a cop out. Or you have made a decision to quit your nine to five job, you're super excited about it, and you decide to go and tell that one person who you know will kind of not really give you the advice to follow through. You might not know consciously but you do know unconsciously, that could be a person in your family, it could be a friend, and that person will say to you are you really sure you have like a really good position in that job. It's a really good job, you've had it for a long time, you're sure you want to take that risk, that person will just reflect back at you your own self doubts. And the defining moment is whether you choose to listen to them, or to listen to yourself, and be honest with yourself knowing that you went to seek their advice because really, you are afraid to take responsibility for yourself and to make that decision. Now I'm not saying that you should never seek anybody's advice or never tell people what you're going to do. But those are some of the mechanisms that can arise. What I'm trying to say here is that actually, those people are just

a reflection of that part of you, who doesn't want to move forward, who doesn't want to act differently.

When I do a session with a person, I always tell them that I am speaking to two people. There is a part of them, their self, their authentic self, who really wants to change, and who really wants to go ahead with whatever is going to come up in the session and implement those changes. But there is another side of them, usually what we call our ego that doesn't want to do that. Because it's scared to change. It's scared to make those decisions that will force them to make major leaps in their lives. And my job is to help the voice that does want to change, to shine through to help them to be in touch with their inner self and their inner desires. A defining moment is you doing that for yourself. It's you deciding clearly that you are going to listen to your authentic self, and to what you really want for yourself in life. It's pulling a Meryl Streep and saying to your ego, who is being reflected back at you through whatever obstacles are coming your way to calm down, and for you to get back into the driver's seat, and to decide how you want to act in that moment.

So yes, life is a little bit like a hero's journey. And none of us are exempt from the obstacle that come our way knowing that those obstacles are just a reflection of your inner world, and that you have the power to change your inner world in order to be able to face those obstacles in a different way, and to use them as stepping stones for growth for you to move forward in your journey in this journey that we call life. So I'd like you to think about what those obstacles could be for you right now. What are the habits that you are taking on that are feeding into those obstacles? Are you letting other people's opinions experiences or even obstacles that come up define your life? Or are you defining your life through those obstacles and how you choose to relate to them by using them for expansion, just as Meryl Streep did. And remember, the greater the desire, the greater the obstacles, but they are all rooting for your growth. You are the one who has the ultimate decision as to what step to take next. You are the driver of your life. So keep believing in yourself and keep moving for it.

And there you have it for today's episode. To find out more about what I do and how I can best serve you, head over to [www.danniereeve.com](http://www.danniereeve.com) Meanwhile, why not hit that subscribe button so you can be notified when the latest episode drops in. I promise the journey will be worth it. Thank you so much for listening. I truly appreciate you and I wish you a flawless day. That is: flawed and awesome, just the way we like it.