

Episode Transcript

TAOLC EP: 015 - Mirror, Mirror on the Wall: How to Recognise your Inner Assets

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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 or 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.

Welcome, welcome to episode 15. This is a small milestone for me. So I wanted to take a brief moment to say thank you for listening, I really appreciate you. If you've been here since the beginning, I appreciate your support. And if you're new, I hope that you enjoyed this new episode, and that you continue to benefit from the show. Now in the last episode, we talked about how our inner insecurities can be reflected outwards and I gave you some tools and strategies for you to use those insecurities or those external conflicts as stepping stones for growth. In this episode, I want to help you to harness the power of your inner assets, and of how these assets can be reflected back at you through different people in your life, who have played a key role at one moment or another and have been very important for you. So at the end of this episode, I will walk you through a very simple exercise that you can implement for yourself. And that will be really helpful. So stay tuned for that. And let's delve in. Now, we all know that life is a journey. It has its ups and its downs. And none of us are exempt from the downs. In fact, if you've been listening to my podcast, you will know that I'm a big advocate of using those downs as opportunities for growth. I feel life is much richer when we can experience the full spectrum of emotions and experiences that it offers us. It's not about avoiding or eradicating the lows, but rather by harnessing the treasures that they hold.

And to further illustrate this, I would like to start by reading you a Sufi poem that I got from Lynne Twist's book, *The soul of money*, here it goes: *I asked for strength. And God gave me difficulty to make me strong. I asked for wisdom. And God gave me problems to learn to solve. I asked for prosperity. And God gave me a brain and brawn to work. I asked for courage. And God gave me dangers to overcome. I asked for love. And God gave me people to help. I asked for favours and God gave me opportunities. I received nothing I wanted, I was given everything I needed.* This is a beautiful poem and a philosophy that helps to see life in a different light, the theory that you are given the assets that you need in order to overcome whatever comes your way. And I know sometimes it's really difficult to remind ourselves that we are extremely powerful beings who have incredible capabilities and assets in order to face whatever is coming our way.

And I know how difficult it can be to believe in yourself, or even to begin to see the beautiful qualities and assets that you have as a person. You are one of a kind. There is no one else on this earth, who is like you, you matter. And acknowledging the assets that you have as a unique person that you are is what makes your life rich for yourself but also for others. And regardless whether you are a person who is pretty aware of your strengths, or not. Periodically reviewing those assets and qualities that you have is a really good exercise to be able to establish a good foundation from which you will be able to overcome certain situations and difficulties from a place of self sufficiency, knowing that you have enough in order to be able to move forward. A good way to build that foundation or to remind yourself of it is to look at what the people you love most and who loves you most have to say about you. A lot of us tend to be very harsh critics of ourselves. And that's why they say that if you spoke to your friends, the way that you spoke to yourself, you would probably have no friends. In fact, a lot of us have grown up in environments that didn't favour that strong sense of self. That sense of being proud of who you are, as if you had to turn down your qualities or accomplishments, and not get too big for your shoes. Or, you know, don't fall off your high horse, and all those kinds of sayings.

I want you to try on being too big for your boots, or if you prefer making sure your cup is full. And one way to do that is to look at the things the people you love say about you. So what I want you to do is to make a list of people who you know, love you and support

you. Give yourself some time to think about this. And you will, I assure you, and guarantee you find at least two or three people. It's not the quantity, but the quality that matters. You might think of family members, such as your parents, your grandparents, your siblings, your children. They can be people who are currently alive or in your life, or maybe they've passed away. Or they can also be people who you remember fondly, and who supported you in very important moments of your life. It could be teachers, particular friends, mentors, whoever comes up, just write them down. And as usual, if you need some more time to do this, just pause me and then come back to the podcast later.

Now that you have your list, what I'd like you to do is for each person, ask yourself, what they would say about you, or maybe what they said about you? What qualities do they see in you? And don't censor any of this, anything that comes up, just write it down. Your teacher might have seen you as hard working, your children might see you as loving and caring. Your mother might see you as supportive, your father might see you as adventurous, your PE teacher might have seen you as strong. Your partner might see you as charismatic and charming. Your friends often comment on the fact that you are really good at organising events, and that you are always on time, people might have told you that you are reliable, whatever it is, write it down, it is quite possible that as you write, more ideas will come up. And you will start to see the qualities in yourself that perhaps you hadn't acknowledged beforehand, or, you know, had kind of dismissed, enjoy the exercise because it's a great exercise. And then what I advise you is that you keep that list handy. For when you find yourself overwhelmed, or under stress or frustrated, you can look at the list and see at all the assets, qualities, and resources you have as the person that you are to keep moving forward and to face whatever's coming up for you.

Now let's take this one step further. In Episode 14, we looked at the roadblocks that can come up on your hero's journey and their purpose for you to keep moving forward. And I also briefly mentioned figures or elements that are there to help you on your journey. And today, we're going to do an exercise that is really helpful for you to bank on those mentors and helpful elements, so as to be able to cultivate that inner strength to keep moving forward. So to walk you through this, I'm going to tell you a personal story and how I used the knowledge or wisdom of my mentors, in order to be able to overcome a difficult situation for me.

Sometime back, I had borrowed some money from a friend, I wasn't in a very good financial position. And we hadn't been clear about the terms of how or when I would pay him back. He just told me that it wasn't urgent and that we could settle it over time. A few months later, I had already paid him back part of the loan. And I was gradually paying him back. And that day it was, I think, in the afternoon, and I was working. And all of a sudden I get a WhatsApp message from him. And it said something along the lines of *hey, how's it going? I'm terribly sorry to bother you. But my bank has halved my overdraft. And I can't remember what was outstanding, but I was wondering when you could pay me back. Please let me know. Thank you.* And when I saw that message I froze. My immediate response was to put my phone to one side. That's to say to ignore the problem for a bit. This tended to be my default mechanism, not to confront and to ignore. Immediately my brain started to fire and go haywire and catastrophize and I was in panic mode: How am I going to deal with this right now? Right now is the worst moment for this to happen. And so I ignored it for a couple of hours. And then I took a deep breath, and decided to do something about it with the tools that I have. First, I wrote down the situation, what happened, what my friend had said, and how I had responded at that moment.

Obviously, ignoring something is not going to help the conflict. It's going to perpetuate it or make it worse, and I was at a loss as to what to do. I didn't understand what assets I had, to face this challenging situation. So what I did following an exercise I had previously learned, is that I wrote down the names of people that I saw as mentors for me, that's to say, people who had been significantly important along my journey, whether it be people that I knew, personally, or people that I admired, and whose messages I had listened to, throughout the years. In this case, the first names that came to me were public figures. But in other cases, I have picked family members, or friends, or teachers, etc. In this case, the three names that came to me first were Marianne Williamson, Enric Corbera who is the founder of Bioneuroemotion, and Rob Dial, who is the host of a podcast that I really like that is called the mindset mentor.

And I thought about what those people would say to me, in that particular situation, I immediately thought of a sentence that has always stood out to me that Marianne Williamson often says, citing A Course in Miracles: you will never be given anything that you cannot handle. I knew that if this is happening right now, it's because I can handle this and I can find a solution. And then I thought about what my mentor Enric Corbera

would say, and what his take on abundance is. And a sentence that stood out for me was: true abundance is knowing that you will always have enough. And then I thought about what Rob Dial would say to me, in terms of mindset. And his sentence that I always think about is: it can either be hard now, and easy later, or easy now and hard later, what do you choose? And so I wrote those sentences down. And then I closed my eyes and went back to that moment where I received that text. And where I took the decision to put the phone aside, and I felt that pang in my stomach, and that feeling of overwhelm, of not knowing what to do. And I just repeated those sentences that I'd written down to myself, and immediately, my anxiety lifted. And I started to realise that I had the tools to be able to handle this and that not confronting the situation and ignoring it was making it worse. And that I just needed to trust that I would have enough and to come up with a plan and a strategy in order to be able to pay my friend back and honour my commitment to him. I was really grateful for his help. But I just felt really helpless in the face of this situation.

And actually, I didn't have to, from that place of understanding and self trust, I took a look at my bank account, figured some numbers out, pulled on some resources I had to earn some extra income, took some tangible actions, to be able to implement a plan that would work for both of us. That same day, I let go of my scarcity mindset, wired him a part of the money, and then communicated to him clearly how I could do the next instalments and asked him if that would work for him, he answered that it did. And I stuck to that plan. I took action Instead of avoiding it. I harnessed the advice of my mentors to move forward. And if we look at it from a projection perspective, all the qualities that you admire in the mentors in your life, the people who have supported you, along your journey, are yours too, because you cannot see in anybody else, qualities that are not in you, and there for you to develop. As for my friend, he was also giving me a valuable lesson. He was teaching me to communicate clearly what I wanted and what I needed and what I could do. When faced with his own difficulty, he took action. He was clear and respectful in his communication. I, on the other hand, chose to ignore him for a couple of hours. But that's my default mechanism to ignore, to brush things under the carpet. And I have to be very aware of this because it comes up over and over again. And so this powerful exercise helped me to see that and also to harness the strength of my mentors, which are actually my strengths, to be able to act differently. And instead of feeling like I'm a victim of my circumstances, I am able to harness them for growth.

I believe this is a great little exercise. So I'm going to walk you step by step through it, so you can do it for yourself. So the first thing is to think about a situation where you felt kind of overwhelmed, or you had difficulties in moving forward, a conflict of situation, something that was difficult for you. If it's a recent situation, or something that you're going through right now, that's even better. I'll give you a few examples of situations that could come up. For example, you might have received an email from your boss, who is asking you to do some tasks that are out of your comfort zone, or maybe to do some extra hours and some extra work that you don't want to do. Maybe somebody is asking you to step up and to give a presentation. Or to take a decision that is going to majorly take you out of your comfort zone, maybe there is a financial difficulty, just as the one that I told you about, maybe what comes up for you is a difficulty that you're having with your partner, or with your parents or with your children or with a person in particular, anything that comes up for you something that you're struggling with right now. And when you have that situation, think about a specific moment where that difficulty comes up for you just like I did, it might be a WhatsApp message, it might be a conversation, it might be an email, something really specific that happens. And then describe that moment. What did the other person say? What did the email say? What did the message say? How did you react in that moment, in my case, that was a WhatsApp message that I received. And then how I reacted in that moment. Get really clear on that. And also get clear about how that makes you feel and just relive that situation. And then pick three mentors, people who you admire who have been meaningful in your life, and who have supported you along your journey. It can be close family members or friends. It can also be public figures and people that you follow, and whose message has been important for you, people that you truly admire, and that you find supportive and helpful. When you are clear about who those people are. Think about what they would say to you, in that particular situation. What advice would they give you? How would they react in your situation? What would they say to you? Write that advice down. And then take a moment to close your eyes, and go back to that difficult situation. Just look at it, feel it. And then repeat the messages of your mentors. And just observe what changes. I guarantee you that if you do this properly, there's no right or wrong way to do it. It's basically just allowing yourself to do it, and allowing yourself to feel that advice, you will feel better. And you will see a solution where before you didn't see one. And remember that if you see those qualities and that advice in your mentors, it is because you can implement it.

It's because it is yours to implement. Because you cannot see anything in others that is not within you. You have the assets and the resources to find a solution to your problem. Building that foundation of self trust and self belief is paramount to you moving forward.

One of my favourite feel good movies. And yes, I confess, It's Legally Blonde. I love it. I feel it's so tongue in cheek, I've seen it so many times that I can actually quote lines from the movie. And one of my favourite lines is when Elle Woods says to her friend who is worrying about not being able to date again or attract anybody and she says to her: You, my friend, have all the equipment, you just need to read the manual. You, my friend, also have all the equipment. And it's just about believing in yourself and reading your manual through the message of your mentors to go from a place of helplessness to a place of self sufficiency, where you take agency and ownership for facing the difficulties that come up in your life. I hope you enjoyed this milestone episode. And if you did, like what you heard, and you would like to support the show, I would really appreciate it if you could take a few minutes of your time to leave a rating and review. If you listen to the podcast on platforms such as Spotify, or Apple podcasts. The more positive reviews the show gets, the more it is likely to be suggested to people who would never have heard of the show and could greatly benefit from it as well.

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 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 flawsome day that is flawed and awesome just the way we like it.