

Episode Transcript

TAOLC EP: 020 - Crossing the River of Change: Why there is Often a Breakdown Before a Breakthrough

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- 00:06 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.
- 00:31 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.
- 00:58 Hello, Hello you Flawsome Souls and welcome to episode 21. Today let's talk about change. And this episode is inspired by a comment that Catherine left on my Instagram post, a post where I was talking about how trauma and the experience of trauma can have us stuck in suffering. And how by changing our perception, we are able to change our response because our power lies in the response, not in the experience itself.
- 01:36 Catherine, who I know is doing a lot of work on herself, shared her experience of finding it really hard to change, especially with multiple traumas and triggers. So Catherine, if you're listening, I want to thank you for sharing that comment with all of us because we are all Catherine. The truth is, no matter what our background is or where we come from, making changes in our lives and changing ourselves in order to evolve and to live more fulfilling lives, to see the world from a different perspective is hard. It's certainly not an overnight process. It requires work, dedication, and you will get frustrated. There are moments where you want to give up, but think about this, it's much harder in the long run to keep stuck in suffering. So today I want to delve into the process of change and give you the awareness and the motivation to continue on your journey despite the resistance that might come up or the resistance that will undoubtedly come if you make any significant changes in your life.
- 03:03 Now, first, let's look at why change can be so hard. Why is it that we are going into this with all the best intentions? We really want to implement positive changes in our lives and we know that the way we are acting or behaving is not something that is serving us consciously. We are aware of this, but it's important to understand one major point. Your conscious thoughts and intentions

represent roughly around 5% of your awareness. They are the tip of the iceberg. What really is ruling the way that you are behaving and the decisions you take is your unconscious mind. That's to say you are 95%. Think of your unconscious mind as your autopilot. It's a set of hardwired programmes that allow you to navigate through life. That's how you can walk without consciously having to figure out how to take each step or to turn on the ignition key in your car and drive to work without consciously paying attention to what you're doing.

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That means you can think or you can listen to music. You've gone down that same route so many times that your body and mind know how to get you there without you consciously having to make efforts and go through the motions that will get you to where you wanna get. This didn't happen magically. You didn't get up one day and say, oh, I'm just going to walk today. You learned through experience and these accumulated experiences of you learning how to walk created new neuro pathways that were consolidated in your mind and helped your mind and body sink in order for you to perform that task without having to think about it. And that's how your unconscious mind works. It uses the bank of experiences that you've had in the past to figure out how to navigate the world. That's why you don't have to consciously think about what muscles you're using in order to walk or to open a door.

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You are just taking from this bank of past experiences and these neuro pathways that have been created for you to not have to think about these things. And this doesn't only apply to walking or driving, it applies to everything. Your past experiences Determine how you see and navigate the world today. By the time you are roughly 35, your habits are a set of hardwired programmes. And as Dr. Joe Dispenza would say, your body has the mind. Just while you let this sink in, I'm going to read you a passage from Joe Dispenza's book, breaking the Habit of Being Yourself, How to Lose Your Mind and Create a New one. Psychologists tell us that by the time we are in our mid thirties, our identity or personality will be completely formed. This means that for those of us over 35, we have memorised a select set of behaviours, attitudes, beliefs, emotional reactions, habits, skills, associative memories, conditioned responses and perceptions that are now subconsciously programmed within us.

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Those programmes are running us because the body has become the mind. This means that we will think the same thoughts, feel the same feelings, react in the identical ways, behave in the same manner, believe the same dogmas and perceive reality. The same ways about 95% of who we are by midlife is a series of subconscious programmes that have become automatic, driving a car, brushing our teeth, overeating when we're stressed, worrying about our future, judging our friends, complaining about our lives, blaming our parents, not believing in ourselves or, and insisting on being chronically unhappy just to name a few. Now don't worry if you're over 35, you're not doomed. <Laugh>, there is a way to change, but it's just important to understand why change can be so hard. As you know, awareness is key and then action is paramount to taking different steps to get different results.

- 07:41 Your 95% is using its bank of experiences, right? It's drawing on all those past experiences to create your reality. It's clinging onto what is familiar because that is what is safe to your unconscious mind. That's the way it's learned to navigate the world. Essentially, you are viewing most of your current circumstances through the lens of the past, and you are acting accordingly because as Gandhi wisely said, your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny. In other words, at the root of all of our behaviours lies a belief. Most of our beliefs are hardwired in our childhood because that's a period of your life where you were more influenceable, where you were absorbing so much information without having the necessary filters to know what was harmful and what was not.
- 08:53 So let's say you grew up in a chaotic environment where the norm was violence or instability. You have internalised that that is safe. In other words, for your nervous system, chaos and instability feel familiar and therefore safe. Therefore, peace and stability are not. You might have developed the belief that you do not deserve to feel peaceful or that it's impossible to be at peace and that the other shoe will always drop. And that's why you keep recreating situations where you get to feel those feelings that are safe to you. And when you try to change, your 95% is going to put up a humongous fight with you. It's going to try and drag you back into the familiar. This could show up, for example, as a pattern of self-sabotage. You make some positive changes in your life and adopt some positive habits. You start to see some positive result and then the negative self-talk gets louder and louder and you just give up.
- 10:06 That by the way, usually happens right before you reach your goal. That's why they say, and it's something that I have found to be very true in my life before a breakthrough often comes a massive breakdown. It's what Dr. Joe Dispenza calls crossing the river of change. The greater the change, the bigger the fight your body will put up. Knowing this simple truth is a great anchor for you to stay put. And as Tara Brach says, to sit still through the storm. Now, just before we go a little further, let's recap real quick. Behind every behaviour or habit lies a belief that is rooted in past experiences. Any attempt to rock that belief and create new experiences for yourself will rock your 95% world and therefore we'll create massive resistance. That's just the way it is. There is no way around this. There's just a way through.
- 11:17 Becoming aware of what the belief is is a huge step forward. But then the real work begins. Real change occurs when you're prepared to do that work. When you're prepared to feel, act, and think differently in the same environment. And it is extremely helpful to know that resistance is showing you the way forward. Resistance can show up in many shapes and forms. It can show up as loud, negative self-talk through self-doubt, through irrational responses, through other people's judgments and negative talk, which are a reflection of your own internal world. It can show up as the excuses you make or through the people's advice that you seek just to confirm your own self doubts. It can be a consequence of you feeling uncomfortable with other people, being

uncomfortable with your new self. I mean, I could go on and on and on, but I'd like you to think about when that might have occurred for you.

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Any time in your life where you started implementing some healthy habits, implementing some changes, and then something happened, something in your external or internal world made you go back to the familiar thinking of this can be useful. Because as you know, we determine our behaviours according to past experiences, and your past experiences are a source of wisdom. So let me give you a personal example to show you how I have learned to be a little bit more clear about when resistance is creeping up and when I am listening to my fear rather than my intuition. Some years back I attended a self-development course, which I really liked. It really spoke to me when I entered the room. I got goosebumps. It was a full body, yes for me. I have a very strong intuition actually. We all have a strong sense of knowing. It's just that most of us have drowned it under layers and layers of fear and whatnot.

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I attended this course for two days and absolutely loved it. It made sense to my rational mind and there was a lot of mysticism as well that made sense to my intuition. A little bit like Dr. Joe Dispenza's work. Actually the other day I was reading notes that I took from that course and I was like, this was genius. It was so good. Those two days were an introduction to the meat of their course, a programme that you could take. There was also a community platform and I immediately signed up for it. I was like, this is a full body. Yes. A few days later, my mind just went absolutely ballistic. I started getting a lot of self-talk, this sort of intense fear in the pit of my stomach and I phoned them to ask for a refund. I was just really, really determined to get this refund.

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And I dunno why I was just getting this massive resistance and you know, they tried to coach me through it, but in the end they ended up giving me the refund. If I can remember correctly. I had essentially bought a whole programme and there was, they refunded me for everything except for a conference that happened shortly after. I think it was a two day conference. My resistance was so big that I ended up giving those tickets to a girl I had met at the first conference. I mean, I didn't even attend myself. That's how scared my mind was to change <laugh>. The reason I'm using this example is because my reaction was totally irrational and I felt that rush of emotions, the loudness of my mind, chatter in contrast with that really strong inner knowing I'd had the day of the event. To this day, I believe I made a huge mistake.

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However, that mistake is a source of wisdom and I've had a number of experiences that have reinforced that. And now I know that sometimes when I'm about to make a huge decision and take a huge leap of faith, I am going to feel that rush of emotions, that resistance that is going to try to talk me out of making that leap of faith out of, in this case, investing in myself and in my personal growth. Since then, I have had to make similar choices and I have used that past experience to act differently. I've felt the rush of emotions. I've listened to the mind chatter and I've been like, no, this is a sign that I have to say yes. And you know what? That yes has enabled me to make huge leaps in my

personal growth. So what I want you to take away from this episode is that yes, change can be hard and you know what?

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The harder it gets, the closer you are to making meaningful changes in your life. And even though it might be hard, it is possible to change. If you want to delve further into the river of change, I thoroughly recommend you check out Dr. Joe Dispenza's work. It is life changing. If you need help with uncovering a belief that might be causing you to behave in a certain way, you can always check out my work as well@www.danniereeve.com and check my work with me page. And lastly, if you are listening to this, you are somebody who is taking their change very seriously. You are not a quitter and you will get there eventually. I believe in you and in your power to change. And remember, you are never given anything that you cannot handle. And there you have it for today's episode. 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.