

Episode Transcript

TAOLC EP: 022 -

Breaking Free from Familiarity: How to Walk the Path of Radical Self-Honesty and Growth

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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.

Hello, you wonderful Flawsome human beings. I know it's been a hot minute since I last published a podcast episode and it's really good to be back. Actually, to be completely honest with you, my soul is overjoyed to be recording this podcast episode because this whole project is a soul led project. However, there is a part of me who is resisting the change. That part of me is resisting the idea of continuing with the podcast. And I guess you can all relate to this to some extent with some projects that you've had in your life or some endeavours that you've wanted to carry out and you knew in your heart that that is really what your mission or what your purpose was or what your desire simply was, but something in you seems to go against that change seems to give you all the reasons why you shouldn't do that thing.

Like you. I am human and there is a part of me who wants to show you a polished, I've got it all together, perfect version of me. That part of me wants to live vicariously through a perfect polished podcast. A podcast that will portray a polished, perfect image that is unreal, inauthentic, and untrue. You and I, we all have a part of ourselves who has learned to cope that way, who has learned that putting on a mask and presenting a certain image or attaching its worth to whatever it does, will keep it safe, it will keep it unharmed. That part is usually an inner child or an inner teenager who believes something is wrong with themselves and has decided to compensate by creating this identity or this persona who is trying to mask the wound or is trying to mask how inadequate that child or teenager actually feels.

What I'm trying to say here is that we all have a child in us or a teenager in us who wants to do the right thing so badly. They don't mean bad. They have this really good intention for you and it worked at some point in their lives. But if we don't tend to them or if we don't learn to practise discernment when it comes to who is taking the decisions and who is driving the car, we can end up giving them the driving wheel and you'll know what happens in a household where a teenager or a child have no boundaries, no rules, no guidance. It's absolute and complete chaos. So on the one hand, I have this part of me who is trying so badly to do things perfectly and this is getting in the way of producing a soulful podcast. And then there's another deeper, wiser part of me who knows that this podcast is not about me, but it's about you.

And that wiser part of me wants you to get to know the real messy human me, the messy human whose life is far from put together, the messy human who wants to keep showing up because that is who you can relate to and learn from. So for this new season of the podcast, this is my highest intention to show up as am to show my vulnerabilities, to show my blind spots so we can grow and learn together. The mask, the perfection is all an illusion the child has created in order to try and feel safe. It's the familiar, it's the comfort zone and the more you try to sustain the illusion, the more you try to sustain that mask, the less you are able to grow and become an evolved version of yourself, a higher version of yourself. Because behind that mask, there are other parts of yourself, parts of yourself that you've relegated to the shadow parts of the self that you're probably ashamed of.

That is showing you where you need to look, where you need to focus your attention so as to integrate them and to grow. If, like me, you have a tendency to be a perfectionist, then in your shadow is the possibility of making mistakes, getting it wrong, making a fool of yourself in front of everybody. That's your zone of genius. That is what will help you actually become a master after a while, making mistakes, getting it wrong, making a fool of yourself, showing your most messy vulnerable sides. And there is a part of you who's going to put up a huge fight for you not to do those things because understandably, it has learned to navigate the world by creating that illusion of perfection, that identity that it clings to. And although you know there is a good intention behind that intent, it's time for you to get back into the driver's seat and to start showing up as the sovereign adult that you are. That requires courage and that courage is something that you all have innately. I recently came across a quote on Instagram by Stephen Bartlett, which I absolutely loved and I think is a good segway to continue. And it said, *having the courage to choose uncertainty over certain misery is a happiness decision that will transform your life.*

Your identity, your masks keep you in certain misery. My certain misery was giving up on the podcasting project. It was saying, oh my God, well people are going to judge me so much because I've been away for so long. They're going to think I'm a failure. I may as well just quit. Uncertainty for me right now looks like, okay, this podcast project is something that is dear to my soul. I know that there are people out there that will benefit from this and I am going to continue to show up even if I've taken a break and I'm gonna show people that I am human and that I am imperfect and flawed and I'm going to come back and continue to spread the message. Will people listen? I don't know. Will people judge? I dunno, will people benefit? I dunno. But the only thing I can do is show up and continue to try.

The only thing I can do is listen to that nudge that says, publish, publish. Please record episodes. The only thing I can do is have faith and believe that this is for the greater good. This is what change really all is about. It's about going against your default narrative, the story that you've believed about yourself, your whole life and start to venture into something completely different. So today I really want to focus on change because I have been going through a lot of changes and I have learned a lot of things along the way. So I wanted to share those with you. And hopefully that will help you with your own process as well. So in the last six months, I think I've lost track of time. I decided to quit my job as a tutor on the postgraduate course for the Bio Neuro Emotion Institute.

I had been working with them for a little over four years I think, and it was such a great experience. I'm so grateful for those years with them. I learned so much professionally but also about myself, and it played a huge role in how much I was able to evolve and grow over those years. However, a part of me was also clinging to that job as part of its identity. It was trying to get recognition and validation through that position, and it no longer felt fulfilling or exciting. I felt like I was giving from an empty cup, and that is definitely a sign that my inner child was calling the shots and it was time for me to let go so I could focus on that empty cup instead of trying to compensate for it through my work. In fact, thanks to a conversation with a very good friend of mine, I one day realised that I was using my job as an excuse not to grow

As an excuse, not to make more money as an excuse not to fill my cup up. I was operating for my inner child's core wound, trying to get love in all the wrong places. It's easy to use the job, our parents, our circumstances, our spouse, our children, you name it as an excuse to keep doing the same thing and keep getting the same results. It's much more difficult to take an honest look at what we are doing to continue being in our familiar world and to continue feeling stuck and unfulfilled. Well, let me correct that. It seems easier, but actually it's a lot harder and the costs are a lot higher in the long run, and it all starts with a feeling. It starts with a gentle nudge. But we all know where in our lives we're feeling unstuck. You all know where in your lives you are unfulfilled.

It did require for me to be very honest with myself, and it did take some time for me to get there. And my first lesson there was that I actually had had that nudge

like maybe a year and a half ago, but decided, decided to silence that nudge and cling on to the familiar, which really affected the way I showed up for others and for myself sometimes, and I'm sure you can relate to this, you have to stay in certain misery long enough in order to actually make that leap of faith. In fact, a lot of us need to experience misery and touch rock bottom in order to actually take action in that process. I read a great book, um, by Annie Duke, it's called *Quit the Power of Knowing When to Walk Away*, and she says that quitting on time usually feels like quitting too early.

I believe that to be very true in my experience there. And when you cling on to something, you are not doing a favour to anybody. You're not doing a favour to yourself first and foremost, and you're not doing a favour to your environment and the people in that environment. So the first thing I want you to take away from this story is that there is always an inner nudge. It's usually quite soft at the beginning. It's a whisper, and then it gets louder and louder and louder as you refuse to listen to it. That nudge is something that you feel in your body. It doesn't come from your mind. It comes from a deeper visceral place. Like let's be honest, deep down, you know what the best thing is for you. But there is something there that is silencing that feeling. I would say feeling more than voice, right? But it is a voice as well.

But it does come through a feeling first. By the way, I'm just opening a parenthesis here: Over the last year, I've really delved deep into embodiment practices and working with the body and something that I'm really excited to share with you because I feel it's a piece that was really missing for me. So now let me dive a little bit deeper into this change process by taking maybe a clearer example, something that I feel really will illustrate every single step of this process, this process of moving from the familiar to the unfamiliar world. I recently made the decision to change my living environment, and it required me to take a huge leap of faith and really battle those demons who were wanting me to stay where I was. It also required me to take a long, hard, honest look at the life I had created for myself and the choices I had made up until that point.

In a sense, it was very similar to what I had learned with my job situation and my job experience and the excuses I was using to keep living the same circumstances and keep my life heading in the same direction. So this is what my familiar world looked like. I was sharing a two bedroom flat in central London. It was a very big flat, it was comfortable, and I was paying Central London rates for my accommodation. Because of the choices that I had previously made, I had basically created a life for myself where I was living in survival, trying to sustain my high living costs at the cost of my wellbeing and of my creativity. All this that I am explaining right now is really what was going on under the surface level, under the mask. The mask or the illusion of comfort was that I was living in central London in a busy city, in a comfortable flat with a person I knew and trusted. And on paper it all looked pretty good. But beneath the surface or the story I was telling myself was a sense of shame because I was still sharing accommodation at this stage in my life, a desire to lead a more gentle life, closer to nature, a desire to build my own home and my own family and a deep sense

or inner knowing that this environment that I had chosen was no longer conducive to me creating the life that I truly desired.

You and I, we are all masters at creating stories, at creating illusions that actually just keep us stuck. You and I as humans, our masters at creating stories to keep us from feeling the discomfort of what lies beneath that story, we spend our lives trying to run away from feeling such as shame, guilt, sadness, rage, you name it. And it makes sense, right? It does make sense that we would do that, but the irony of it is that it is only when we are able to lean towards those feelings, hold them, and also accept ourselves for who we are and where we are at in life that we can alchemize those feelings of inadequacy into empowered choices and move our lives in a different direction. So I guess the first step is radical honesty, is learning to turn towards that nudge, that feeling that we're trying to silence.

So on paper, my environment was great. I had been living there for two years and a part of me was really suffocating there. I had this inner nudge that I needed to move, I needed to move in order to progress in life. I wanted to move closer to nature and I wanted to pay less rent in order to be able to save and build a better future for myself. To be truthful, I silenced that inner knowing for quite a while as well, but eventually I decided to make that decision. Also, my landlady decided to put the rent up, which was an external factor that helped me make that jump. Sometimes life will nudge you in the right direction as well. Have you ever had that situation where you were super unfulfilled in your job, but you never made the decision to quit and then lo and behold, they decide to make you redundant?

That's just an example of how life can give you a helping hand, even if in the moment it doesn't seem like it is. Anyways, I communicated my decision to my landlady and gave ample notice. So let's expand on that first step. You are in your familiar world and that could be a specific job, a specific relationship, a specific living environment, anything that might come to mind for you right now in your own time. You practise radical honesty by allowing yourself to feel and to lean towards the discomfort that you're feeling in that familiar world. And at the end of the episode, I will Pop in some questions that you can ask yourself to assess the gap that there is between where you are at and where you want to be. And then you make a decision which leads you to taking action. In my case, the decision was to move to leave, but in your case, it could be to have an honest or difficult conversation. It could be to start speaking up for yourself. It could be to start a new project. You'll know what your own inner nudge is pointing you towards. And then comes the real test. When you decide to make a significant change in your life, you are going to encounter obstacles on your path, and one of those major obstacles is what we call the siren song. This is a term borrowed from Greek mythology. The sirens were beautiful women who had the upper bodies of humans and the lower bodies of birds, and they were said to lure sailors with beautiful songs and actually lure them to their death.

So basically it comes to represent all those sort of resistant thoughts when you're going to make this change. All these negative thoughts or the what ifs or am I making the right decision can be internal, but they can also be projected at you by people or situations in your life. For example, in my case, if I spoke to certain people, they would tell me like, what was I doing? I mean, I had a great accommodation. I was never gonna find something similar and let alone at a lower price, why would I want to move outside or further outside of London? What was I doing? My landlady, who understandably rented my room really quickly, even second guessed her decision and offered me to stay for an extra few months at the same rate that I was paying and amidst the chaos of my own flat search, which was a pretty rocky road and my own resistance to moving forward, I had to stay anchored in my decision to change and my decision to move and fully commit to what I had decided for myself.

So just to recap, whenever you are going to make a significant change in your life, you are going to have doubts that are gonna be reflected back at you. People are going to give you evidence that that choice that you're making is not good for you. Say that you want to take action on your people pleasing tendencies and start to put yourself first. You might get people in your life become upset with you and reflect back at you the guilt that you're feeling for putting yourself first. Say you decide to leave your job, your colleagues or people you know might say, why are you leaving this job with the great salary and security that it is giving you? Why do you wanna do that? Just learn to see these as siren songs and stay anchored in what you really want for yourself. These songs are just reflecting back at you your own self-doubt, and it is normal to doubt yourself when you're making a big change.

There are no guarantees here. There are no guarantees that this is the right or the wrong change, but it requires you to take that leap of faith to see and to learn for yourself. As much as you will encounter siren songs, You'll also encounter mentors, people, circumstances or situations that will nudge you forward and will motivate you to carry on with your change. The more you have faith in yourself and in your process, the more you will be able to see these mentors. This might come in the form of a colleague who's made the same leap of faith as you are trying to make now who quit their job and who will tell you their experience. Or it may come in the form of something you see on social media or on TV or YouTube. It may be some sort of synchronicity. It may be a helping hand from somebody, an actual mentor.

I'm not going to go in great detail because I don't want to bore you, but the process of getting from where I was living to where I am living now was freaking chaotic. I was in a lot of uncertainty. It was really uncomfortable, but on the way I encountered so many helping hands who helped me to eventually find a place that was really suited to me, and there was one moment that was really

symbolic for me, so I want to share that moment. The day my landlady had scheduled to hand over the keys and contract to the new people who were moving in a couple of weeks later, she had offered to extend my stay for a couple of months at the same cost that morning. As I said, I chose to trust my gut and decline the offer. That same afternoon I went to view a flat, which was not at all what I wanted, and I was kind of demotivated by that time.

I went to sit in the park and I think the people were coming at three o'clock and it was around quarter to three. I had my phone in my hand and I was contemplating the idea of making that call and accepting her offer. And this guy randomly appeared out of nowhere and started talking to me. He was like, oh my God, you know, I really like your energy, and he just started chatting to me. We chatted for a while, and when I glanced back at my phone and he had eventually gone, it was after three. Now I know this might sound woo to some of you, but I took this as a sign, as a mentor, as someone who had been sent to me for me to not make that call. This was just a split encounter that was very meaningful to me because, and maybe it's just the meaning that I chose to assign to it, but it validated that I was going in the right direction by sticking to my gut.

The last really important piece to this, when you're making any changes in your life is to ask yourself, do I really believe I'm deserving of this? As I was flat searching and I saw some pretty grim places, let me tell you, I kept saying to myself, if you knew that you were deserving of the best living environment for you in the conditions that you want, would you say yes to this place? If you knew that you deserved the perfect place for you, would you say yes to this? That question was my anchor. That question helped me to say no to places that I previously would have settled for because I believed I didn't deserve any better and I wanted to end the discomfort and uncertainty in which I was finding myself in. The invitation was to hold the discomfort and to stay anchored in what I truly believed I deserved and was possible.

So I want you to take that question away with you for anything you do in your life, any changes you make, it can be a new place, it can be a new job, it can be a new relationship, it can be a wedding venue. I'm saying this because I know a friend of mine is looking for a wedding venue right now. If I truly believe that I deserved the perfect X, Y, Z with the conditions that I want for me, would I say yes to this? And lo and behold, amidst the chaos, despite the many siren songs I heard from other people and from myself, thanks to the many mentors who offered a helping hand, who offered a nudge, a sign in the right direction, and thanks to me choosing to hold the discomfort and believe that I deserved better, I found the perfect place for me and I couldn't be happier.

You guys, I literally have the most awesome forest behind my place. It's within the budget that I had set for myself, and it's just everything that I had wanted. In order to get there, I had to learn to say no to anything I thought didn't meet what I deserved. So there you have it. Those are my lessons for making any significant changes in your life. Number one, listen to that inner nudge that is

telling you that your familiar world no longer fits you. Number two, in your own time, make that leap of faith, make that decision. And a bonus tip, if you have trouble making that decision, sometimes it's a good thing to ask yourself the following questions. If I were to fast forward one year from now, would this decision that I'm about to make be moving me towards the life I desire or would it be moving me away from it?

Or what would be the cost of me not making that decision? What am I losing by staying where I'm at right now? Number three, expect to hear many siren songs along the way. Those songs will be yours and they will be reflected back to you by other people and situations. Number four, also expect to encounter many mentors who will nudge you in the right direction, and will remind you that you are on the right path. Learn to discern. Number five, and this is one of the most important pillars maybe. Remember that you are deserving of what you desire. Ask yourself, if I truly knew that I deserved and that I could have the perfect fill in the blank within the perfect conditions for me, would I say yes to this?

Before you get to the place you are meant to be and you've desired, the universe will test you. If you want a cup of coffee, it will give you many cups of tea beforehand. You are the one who needs to grab that cup of coffee. Nobody else can do that for you. I hope sharing my experiences and what I have learned on this journey is helping you to make sense of maybe things that are happening in your own life, and also to have compassion for yourself and your own timeline. I could sit here and pretend that I have everything figured out and in today's episode, you can see that it's far from the case. But you know what? Nobody has everything figured out. We are all doing the best we can with the tools we have. We are all trying to figure it out as we go along. And I feel the best thing we can do is own our stories and our experiences because that's the only way we can create a bigger life and we can rewrite the ending of our stories. So I hope you take a moment today to really look at your life and be proud of where you are at and earn every nook and cranny, every leap and every mistake, because every single one is serving a purpose.

The purpose of this podcast is to give you the tools and the inspiration to continue evolving and growing on your own journey, on your own timeline. This season, I will also be sprinkling in some interviews and bringing on some guests who have the potential to inspire your own journey and will also be sharing their own experiences. So I'm very excited, for this new chapter of the podcast. The first interview I am publishing is with my coach, Nicole Brennan. We delve a lot deeper into how you can meet that inner child and its fears when it comes to changing or making a leap of faith. It's a great conversation. I highly recommend that you tune into that one too. I am relaunching the podcast with three episodes so you have some material to listen to. After that, I will return to publishing one episode every 15 days. I am so excited and I am so, so grateful for you. So I just want to thank you for being here, for listening, for supporting me. It means the world. And I just want to say, I hope you go and make those changes that you have been wanting to make and listen to those inner nudges that are whispering where to take you next on this journey that we call life.

