



How to Experience More Flow & Ease

I want to continue the discussion I began with you yesterday. I read a couple of Byron Katie quotes to you. One of the things she said is that a thought is harmless, unless we believe it. And I told you the story of my client who believed she was damaged for decades, and she had the thought that she was damaged, and that thought was confirmed again and again by psychologists and psychiatrists. And so, she came to believe it, and it made her life one of suffering. In our work together, I told her that I did not believe she was damaged. This one statement changed everything for her over time.

I want to tell you about another client of mine who is an attorney who was diagnosed with an anxiety disorder when she was 13, and that diagnosis caused her much suffering. Listen, I want to say this, diagnoses, can be helpful. I'm not saying not to have diagnoses. I'm not saying not to have labels. We need labels. We need diagnoses to help us understand something and to get the treatment that we need. I'm not suggesting that it's just crazy to have diagnoses. I'm not saying that. What I am saying is that you are not your diagnosis. Somehow, when it's a physical diagnosis, we know this. When we have cancer or a broken bone or some other physical trauma. We don't believe "I am cancer, I am my broken bone", no. We address it. We treat it. But somehow, it seems to me that when people have a psychological diagnosis, they may decide that they are that diagnosis.

So my client who got diagnosed with this anxiety disorder so early, it got to be such a big deal for her. She was so afraid of her anxiety that it was interfering in her life. And I'll never forget when I told her in one of our earlier sessions that you are not the anxiety. You are not the anxiety. She looked at me, and I can't tell you how many times this happens and, she looked at me a bit stunned. She had collapsed herself together with the anxiety, and she had come to believe that she was the anxiety.

That's what Byron Katie is talking about when she says that a thought is harmless until you believe it. And so my client had come to believe that she was the anxiety, and that she would never be anything but that anxiety, and that she would always have to be fighting it, always have to be managing that, and trying to mitigate it. When she was able to just take a step back, when she was able to separate herself, her essence, her fundamental being from the anxiety, it shifted everything for her. Everything. She started showing up very differently for herself in her career, in her relationships, and that's the point I'm making.

When we buy into some of our stressful thoughts and stressful feelings, when we take up residence there, then we collapse ourselves into that, we become those stressful thought and



feelings. As if they have anything to do with who we are. Our thoughts and our emotions have absolutely nothing to do with who we are. They tell us nothing about who we are.

I wanted to make that point today because you may have a broken bone, you may have cancer, you may have a difficult situation you're dealing with, you may have some anxiety, you may have some sadness, you may have some grief. What I want to say to you about that is, it's okay. They will pass, like clouds in the sky, they will pass.

Those difficult thoughts and emotions tell you nothing about who you are, at your core fundamentally. You are star stuff, you are divinity, you have a 100% survival rate. And in the midst of all that's going on right now, I think it's important to touch back into that knowing often.

As we're going through a pandemic, social unrest, and political divisiveness, I think it's important to remember who you are and to remember that you're star stuff. You are good. You are not damaged. And to remember to touch your thoughts and emotions a little more lightly. Don't take them quite so seriously, quite so personally, and remember that your thoughts and emotions tell you absolutely nothing about who you are at your essence. There is something about knowing that deeply that will help you experience more flow and more ease.