

# Change Your Story - Change Your Life!



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Listen to the stories you tell yourself and others.

We all tell stories. We repeat stories we've heard and told all of our lives. Some may serve our higher purpose but most don't.

Do you hear yourself repeating words you heard your parents or other "authority figures" say? For example,

☞ You heard, "Little Johnny was always a slow learner."

☛ and now you say, "I've always been a slow learner."

☞ You heard, "We're not sure Susie will ever find a good man."

☛ and now you say, "I'm not sure I'll ever find a good man."

☞ You heard, "He's always sick. He picks up whatever's going around."

☛ and now you say, "I'm always sick. I pick up whatever's going around."

☞ You heard, "He'll never amount to much. He can't hold a job."

☛ and now you say, "I can't seem to hold a job no matter what I do."

You may not even be repeating these stories out loud. Perhaps they just play like a broken record (repeating loop) in your mind. Who decided these stories were true? Who decides if they're still true?

We tell stories that change depending on our mood, who we're telling and why we're telling the story.

Have you ever noticed how you tell your father and your best friend different stories about the same event. Even when you're being completely honest, different details are emphasized. We do this same thing when we tell ourselves stories about our life. When our motivation is to justify our behavior, different details are emphasized than when we're bragging about an accomplishment. It's all just stories.

Or how about how people share their pain and suffering stories and try to out-misery each other. How many times have you told the story about how you got that scar?

I'll tell you a story...

I used to have a scar that I showed like a trophy. I loved telling the story of how I got it and getting the responses I always got.

Then I was reading some of Dr. Deepak Chopra's books (I don't remember which one) and he was talking about how our body regenerates and replaces itself completely every few years. I was fascinated when he talked about the case studies of people with multiple personalities. He noted that one child for example had prominent scars when he was expressing one particular personality and the scars weren't there at all when he was expressing another personality. The scars actually came and went!! He sited cases where diseases like diabetes, extreme allergies



and asthma, warts, and even eye color and voice pattern (unique to every individual) would change when the personalities changed. Dr. Chopra was pointing out that ***the body is a reflection of the thoughts held in mind***... literally in the moment.

***This means that we only have scars (and everything else for that matter) because we think we do!***

I was intrigued. I wondered if my scars would disappear if I stopped telling the stories about them and stopped giving them any creative energy (i.e. my attention). Well... what d'ya know... the scars went away! Now I have to find some other way to entertain myself and others.

How do your stories serve you? That's why you tell them.

Have you ever noticed how two or more people can share the same event in history and they all have a different memory of that event (i.e. your family). I find it interesting to reminisce with my brothers, for example, and hear how we each remember certain events completely differently. We all have different perspectives, viewpoints and belief filters that we view life through. Keep this in mind when reading about "history."

We remember the past differently depending on our motives in the present. We then make up stories about the future based on the past as we see it in that moment.

"Past and future are purely subjective operations and have no objective existence in reality. (The question remains, of course, whether anything exists 'objectively' in reality.) Reality knows only the single frame of the moment of being." Keith Floyd, *'Of Time and the Mind'*

Think about it... the future is ONLY a story we've made up. We all have a story about the future and how we believe or hope it will be.

We make it all up in the present. If we make it all up anyway, why not make up (or create) what we prefer and live as if it were true. This is a very simple and yet profound process of creating what we want in life.

When we "live as if" what we want to be true is already true, we focus our attention on having our desire fulfilled rather than on the perceived obstacles to their fulfillment. I've put this principle to use in my life in many ways. For example, I once thought that I was pregnant and I started eating better and getting more exercise because I knew a life depended on me. I found out that I wasn't pregnant and slacked off the healthier lifestyle. Then it struck me, why not live as if a life depended on it... it does, mine! Since that time I have been living as if I am physically fit and my health has improved substantially.

I once participated in a group discussion where we considered the question ***"How do we create prosperity in our lives?"*** The group agreed, "Live as if you already have it." We discussed that this answer felt right and yet something was just a bit off. Is "living as if" pretending in some way? I said that when I "live as if" I'm not pretending, it's more of a knowing. I have faith that what I desire is manifesting. I later realized where "live as if" misses the mark. The "if" denotes a question or doubt. I find it more powerful to ***LIVE AS***. More on this in the chapter\* on quantum leaping.

What stories are you telling? Listening to the stories we tell on a daily basis (and it's all stories) can show us what beliefs we are empowering with our attention. By examining these, you can easily predict how your life will unfold.

\* This report is an excerpt from my book, *InJoy! The Decision is Yours*.

Stories don't have to be just thoughts or spoken words either. Stories are who we become and what we do repeatedly. I'll tell you an old story that's been told for years.

A young newlywed couple, Alan and Nicole, were getting settled in their new home. Nicole began preparing dinner as Alan unloaded the kitchen boxes from their move. Nicole asked, "Have you seen the big knife and cutting board?" Alan replied, "Yes. Here it is. What are you cutting?" Nicole explained, "I'm cutting the end off of this roast before I cook it." Alan asked her, "Why do you do that?" Nicole thought for a moment and said, "I don't know. My mom always cut the end off the roast before she cooked it." Alan said, "Well, it doesn't make sense to me. Let's ask your mom why she does that." So they called Nicole's mom and asked her, "Mom, why do you cut the end off the roast before you cook it?" Her mom thought for a moment and replied, "I don't know. That's the way Gramma always did it." So Nicole called her Gramma and asked her, "Gramma, why do you cut the end off the roast before you cook it? She too had to think for a moment before answering. She finally said, "Because it didn't fit in my oven otherwise."



Life can become a repeating story when we don't live it deliberately.

Although this story may seem a bit ridiculous, if you thought about it you could probably come up with similar stories about why you do certain things the way you do them. We get comfortable in the story, the way it's always been, and continue without questioning if it currently serves our highest evolution.

Don't let your current or past story define you if that's not who you choose to be now. One thing a lot of very successful people have in common is the hard luck stories of their past. When they realized they could change their story, they did.

***Your story is not predetermined or chiseled in stone. You can decide what story you want to live and tell.***

What will your legacy be?

# The Essence of Chapter 6: The Stories We Tell Ourselves and Others

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When we "live as if" what we want to be true is already true, we focus our attention on having our desire fulfilled rather than on the perceived obstacles to their fulfillment. It's even more powerful to *LIVE AS*.

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I hope you have enjoyed this report. It's an excerpt from my book, *InJoy! The Decision is Yours*. See the next page for more details.

Visit [www.ChangeYourMynd.com](http://www.ChangeYourMynd.com) for more great information.

*In-Joy! Shelia*

P.S. You are welcome to give this report to anyone you believe would enjoy it.

For an in-depth exploration of designing your dream life including all the tools you need to be, do and have all that you choose, visit [www.ChangeYourMynd.com](http://www.ChangeYourMynd.com) to order your copy of the book:

## InJoy! The Decision is Yours

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Introduction

#### 1. You Decide.

Chapter One introduces and outlines a process by which you can have anything you want.

#### 2. What is Reality?

Chapter Two takes a peek behind the scenes of reality and explores the power of your attention and intention to create the reality you perceive.

#### 3. What is Awareness and How Can It Change EVERYTHING?

This chapter takes a deeper look at that which is the foundation of all that is and how we can use this power in our lives to create what we want.

#### 4. The Law of Attraction

Everything is energy and energy is vibration. Vibration attracts like vibration. Putting the law of attraction to work for you can bring to you all that you hope to experience.

#### 5. Just Ask!

Everything is given when we ask. We explore the power of asking and how it can attract more of what you want.

#### 6. The Stories We Tell Ourselves and Others

We all tell stories that become our lives. We can change our story anytime, we need only realize that we decide the story of our life.

#### 7. Just A Thought About That

Watch your thoughts. Thoughts can take you out of awareness and reduce your ability to create your life deliberately.

#### 8. How to Create Exactly What You Want

A simple process is outlined that you can use in your everyday life to experience exactly what you want - when you want it.

#### 9. Intuition: We Have the Answers When We Listen

Intuition is our direct connection to our Source. Through our intuition, we have access to our highest and best choice in every moment.

#### 10. Synchronicity and Flow: Life CAN Be Effortless!

Learn to orchestrate and deliberately increase the experience of synchronicity and flow in your life. Struggle is optional.

## 11. Quantum Leaping: The Art of Non-Linear Living

Nature is non-linear. You are non-linear. Learn to live as a non-linear being and skip all the unnecessary struggle and suffering on the way to what you want.

## 12. Our Awakening

Often, we as humans, don't use what we know to create the life we want. We awaken and fall back to sleep in the process of our evolution. Two simple processes are offered in this chapter that will assist you in remaining awake and aware so you can enjoy life to the fullest.

## 13. What Now?

A lot is covered in these few pages. This chapter sums it all up and gives simple guidance for day-to-day effortless and joyful living.

Resources

Definitions