



VEIL *of* CHANGE

Tapping Into Your Inner Advisors

LIFTING THE VEIL OF CLARITY

Tap Into And Listen To Your Inner Advisors

You will have experienced at some time in your life 'voices' in your head. You have probably had arguments with yourself, when you have had to make a decision or a choice.

One of those voices will have won the argument

You need to be aware of your personal Inner Advisors, in order to give you control of your own mind.

As you grow you are taught or you absorb all behaviors – good or bad. As you grow your own personality is created through what you have been taught.

The voices within you are your Superego and your Ego

One Advisor (***The Super Ego***) has picked up all behaviors, habits, re-actions and has imprinted them within you.

So whenever similar situations rises the Super Ego will jump in and want to take control, because the Super Ego has learned what must be done.

The superego contacts your brain which is the storage area of everything you know and a decision is made

The other voice is your ***Ego***, much more gentler and usually squeezed out of the picture. However the Ego is the true part of you, this is the voice of love, of equanimity, non judgmental and extremely patient.

The ego stands on the edge just waiting to be noticed

By recognising that you have these two inner advisors you are tapping into the resources available to you, that is why, you eventually come to a point of making a decision.

In every situation there are always at least two choices

The Superego will woo you facts and figures, creating doubt and fears, the information being retrieved from past re-actions.

The Ego on the other hand is the spiritual intuition side of you, the one that allows love and feelings from the heart, to direct you towards feelings of happiness and fulfilment.

The strange fact is that most people do not try to control their thoughts and when life becomes difficult, their thought patterns or learned behaviours just keep repeating over and over.

- ✓ ***In order to break that cycle you need to identify at least one problem in your life***

Write down what your instant reaction was, then look even closer.

Was there something you could have done differently? Was there another choice you could have taken? Did you listen to both advisors?

The Super Ego will instil a fear into you in order for you not get hurt. Whilst this can be very helpful, more often than not it is an over emphasised assumption on the part of the Super Ego – ***just to keep you safe.***

On the other hand **the Ego** is the one that whispers in your ear, to have fun, laugh a lot, create love, love yourself and forgive others. It is the one most ignored.

- ✓ ***The reality is that both Inner Advisors have your best intention at heart***

But one rules with authority, dictating the right and wrongs of life, and the other rules with love and compassion.

In order to listen to both voices without drowning any of them out, you must practice **Mindfulness**.

Being Mindful:

- ✓ Pause and listen, pause and feel, you can hear your *Super Ego*, very clearly, but listen more, what else can you hear?
- ✓ *The Ego* is giving another interpretation.
- ✓ Hear them both until it all dies down.
- ✓ ***Then make an informed decision.***

Balancing your two voices

As you become mindful more and more, you will find that the voice of the Ego can be heard more clearly over the voice of the Super Ego, you will be finding a balance between the two.

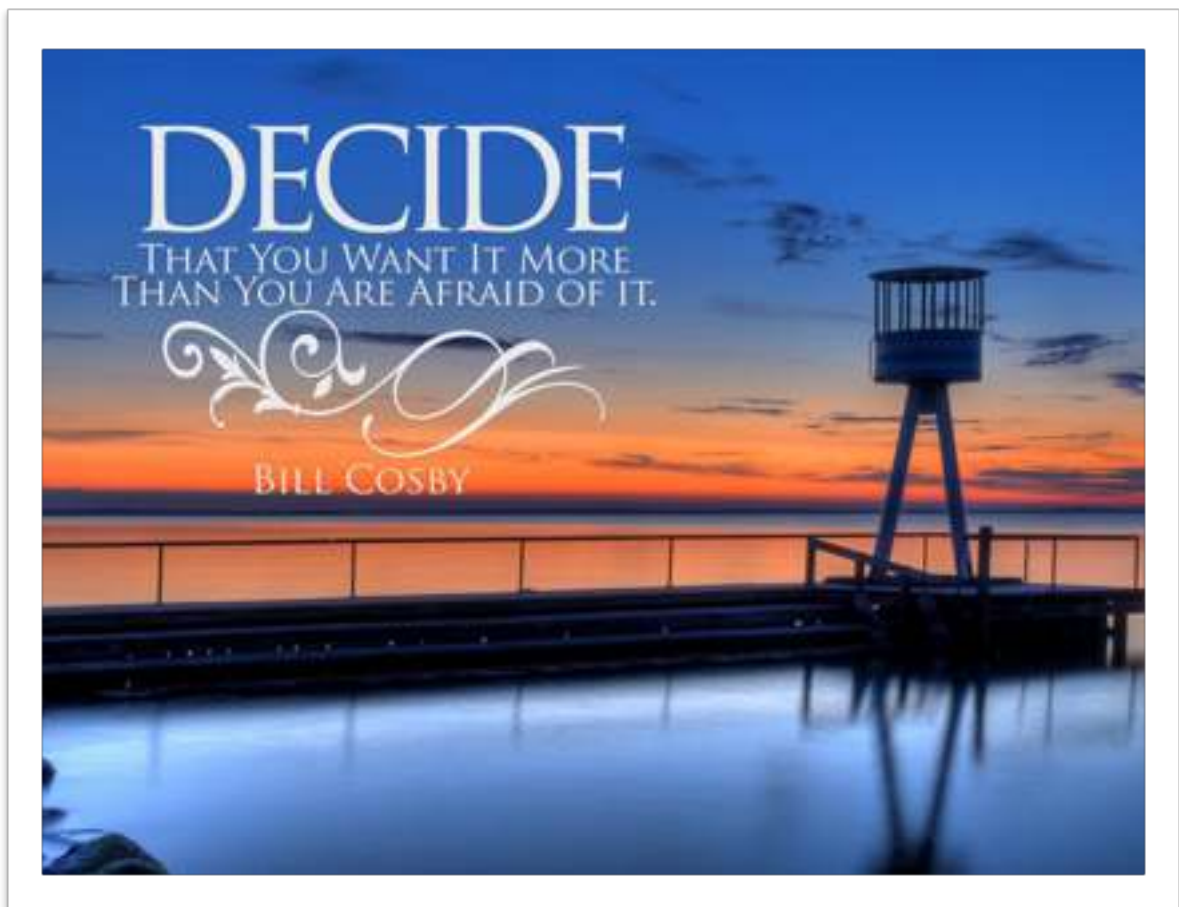
As you are giving more airtime to the Ego, you will be strengthening your ability to tune in to your intuition.

✓ ***Which in turn gives you the ability to make better decisions, better choices.***

Write down the dialogue from the two inner advisors, just so you can see the difference.

You will notice that they are very different, but if you can balance them, then you have mastered your mind.

✓ ***You have taken back control of your life.....***



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