

the aware show

Lisa
Garr



THE AWARE LIFE TELESEMINAR

AMY AHLERS

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Lisa: Hello, hello, hello again! Welcome to The Aware Show teleseminar series. This is Lisa Garr and I am so, so, so happy to be with you today because this is just one of these days that I just need this particular conversation. This is one of those days where I want to be able to focus and do some processes, and this is a checkpoint conversation today for everyone listening. So I want to tell you right now where you go, where your website is to go for all the activity and everything that is happening on the call today is theawareshow.com/ahlers so you can get to the right place. So, do you have an “inner-mean girl” lurking inside of you or for the men is it an “inner-critic” that’s quick to tell you that you need to fit in, you don’t measure up, that you need to be more fit, that just basically beats you up? According to my guest today, Amy Ahlers (she is the CEO of a company called “Wake-Up Call Coaching”); and that’s what we’re really doing today, we’re just kind of waking up to this inner-voice that is constantly telling us that we are not good enough and we are going to crack that open, call it out and get it out the room! Welcome to the show, Amy, thanks for being with me.

Amy: I love it Lisa, thank you so much for having me, and yeah, let’s crack the whip! I think we need to have the school mistresses in, you and me, Lisa, we’re ready to whip into shape the inner-critics and inner-mean girls that are out there floating around and have people start feeling that sense of self-love and self-compassion which we all deserve.

Lisa: Well, it is definitely a journey that I want to take people on today with you. We’re going to go through processes of exposing this inner-critic and then ditching it and then coming up with a place where you can replace it with, you know, chunking up to your bigger purpose. And that’s basically what it is. When you lose sight of that purpose then it gets you stuck in old bad patterns and habits. So, we’re going to change that. Right now.

Amy: I like it, let’s do it! Everybody ready? We’re talking to you, everybody listening – you that thinks we’re not talking to you – you’re the one that we are especially talking to!

Lisa: Well let’s talk about what it is. What are the voices? What are some of the things that people say to themselves, the “big fat lies” people tell themselves?

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Amy: Yeah, so, you know I like to say that – it really is the human experience that we all have this voice inside of us that can be hyper-critical that compares our worst to everyone else's best. That makes it seem like we don't fit in that we're unlovable, that we're damaged goods and all of those negative, addictive thoughts – I call those "big fat lies." Because that really is – it's our inner-critics, our inner-mean girls as Christina Rilo and I like to call her at Inner-Mean Girl Reform School, you know, that voice really is the inner-liar. The good news is, Lisa, and I know everyone here hopefully knows this, that you also have another voice inside of you. The voice that I like to call the inner-wisdom; some people call it "the divine within" or your higher self and that really is the voice of truth. And so, it's like we have these armies of voices inside our heads and we want to make sure we have the right voice in the driver's seat in our life.

Lisa: Well, I mean, so many of these lies, I see it engrained in childhood where – one of the ones: "I am powerless." You know when you're a kid and you're so small and everybody has power and charge over you; you start to register that message. "I don't belong"; "I don't fit in." How challenging was it in school to fit in, to try to fit it in, out of survival. Or if you're on the other side of life, senior citizens, or even any age, "It's too late for me." I get that a lot, I get a lot of callers saying "I'm over 65, I can't find a job, I've lost my retirement..." That's big fat lie number 11 in Amy's book that I'm reading from here. "It's too late for me." These are the things that basically sabotage us. So why is it, do you think, that more than ever, people are on the edge these days, Amy? I mean, specifically now, why is it? Has it increased in your perspective as well?

Amy: Well I think that we live in such a time where the pace in our life is so fast. And we've come on such an interesting journey, we live in such a privileged community where we're not thinking about survival anymore. We have our basic needs met. Food, shelter and clothing are taken care of for us that are fortunate on this planet because Lord knows there's a lot of people on this planet that are still struggling with those basic survival needs.

Lisa: Yes, that's true.

Amy: I was talking to a friend the other day, and I said, "You know, so much of the world is trying to get clean water." And I think in Western society, in our culture, where the majority of your listeners probably are, you know, our version of clean water is happiness and joy. That's what we're really trying to do, we're trying to get to that place of feeling like we're thriving in our lives, and it's an honor and a privilege that we get to be on that quest.

Lisa: That is a very, very good point. We are in a privileged conversation here. We have access to education, we have access to clean water, we have access to a telephone and a computer right now that we're sitting in front of to listen to this call.

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So, I do get that, I get that the little anxiety attacks that I have pale in comparison to where the rest of the world is. And I hear that message, and then, somehow, I get stuck right back in there and that's also what I'm hearing from my listeners.

Amy: Absolutely.

Lisa: They get stuck back in that place as well.

Amy: Well right, and then we can also do the double negative of saying, "Oh, my gosh..." I'm, you know, start being really hard on ourselves and critical on ourselves because "look, you have clean water, get it together! What's your problem?" So we don't want to give our inner-critics and inner-mean girls more fuel! We want to actually start diffusing them. And so, I think it's that it's first of all about recognizing what a privilege it is to be in this conversation. But also, for us to say, you know, "we thought that the external things would bring us joy." And this is the big fat lie of "*When? Then.*" "When I get the job, when I get the husband, when I get the car, when I have the money, when my career takes off, THEN I'm going to be happy." But the truth is that all of those external circumstances are NOT the keys to our happiness, to our peace and to our joy. And you now, I've been a life coach now, Lisa, for over a decade, it's since 2000, and, I just *really* got it that no matter how successful, no matter how beautiful or handsome, no matter how smart a person is – on some level, that we are being way, way, way too hard on ourselves. And we're not going to be able to fulfill what we're really here to do unless we start getting out of that negative spiral of the "beating ourselves up spiral" as I like to say.

Lisa: Well, some of it's unconscious, some of it's largely unconscious and that's why I want to expose some of these big fat lies. In Amy's book "***Big Fat Lies Women Tell Themselves***" and this call is as much for men as it is for women because it's really the inner-critic that comes out, but, oh, here's a big one: Big Fat Lie #23: "If I keep racing, I'll finally catch up." Right???! I'm supposed to be further along... "I'm at the wrong place at the wrong time!" What are your stories, actually I want you to type them in, type in – what are YOUR inner-critics saying to you right now? I want to call them OUT. Go to the website, there's a place you can type in your question right there. And I want to hear from you. What are those inner-critics saying? Am I alone in this conversation? Because, I got it!

Amy: Me, too! You and me combined, we're good! But we want to hear from all of you out there and know the big fat lies that your inner-critic beats YOU up with!

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Lisa: Yeah, I want to hear that... I have an incredible listener who sent me a t-shirt and they're kid's shirts and it says "You Are Enough." They make them and I just have it sitting on the back of my chair so it's what I look at every time I walk into my office. This little kid's shirt, it doesn't fit me, but it says "You Are Enough." Yeah, there's another one, "It doesn't fit me." "I must... It's my..."

Amy: Right, I'm too fat, I'm too thin, I'm too short, I'm too tall, I'm too ugly. Oh yes. And here's the thing that I want everyone to know. In the book there are 59 big fat lies and it's a starting list, people! I have readers from all across the world will be like "Amy, you missed this one." And I'm like, "I know, it's a starting list, I swear!" But then, every single one of the big fat lies then has a corresponding truth and a coaching challenge exercise, an affirmation, and an aspiring quote. So it's not just about exposing the big fat lies, it's then about finding the tools to actually transform those big fat lies and help you tap into your inner-wisdom's truth. But, the first step is you have to know what's going on and so, it's so important to know that we're not going to leave you there. Everyone listening: make a list right now, "What are the top 10 big fat lies that your inner-critic says to you."

Lisa: We're going to get you out of these big I want to call them out. I'm not going to spend too much time on this pain, because I know and I respect the fact that Amy wants to move into the solutions here and I do too. But I always want to stay away from those "put on the rose-colored glasses and let's go!" There's pain and there's crap happening and it usually happens, mostly within our ears; by that phrase that my guests have said before "All problems are problems of the imagination – all solutions are solutions of the imagination." I won't call your names but someone's saying "I'm too old and I'm not good enough." Another one is saying "My disabilities keep me from being successful." Another says, "I have made too many mistakes." God, if that was true, none of us would get anywhere.

Amy: We all make big, huge mistakes!

Lisa: So these are some of the things that the listeners were talking about in terms of where we are. So, you do a lot of coaching with people, right?

Amy: Yeah. I do, yeah.

Lisa: You don't give them permission to even go there with all this, or do you listen first?

Amy: Oh, my gosh, well here's the thing – is that: bring the big fat lies out of the shadows and into the light – IS healing them.

Lisa: O.K.

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Amy: You know, Lisa, I have to tell you, on my book tour and when I'm on stages and I feel so fortunate that I get to speak in front of hundreds of people at different retreats and workshops and conferences... and when I'm on the stage, and I say, OK, let's start at the beginning. Which is about, "let's just come clean here people." Let's just have a wake-up call moment and just tell the truth about what is going on in our inner-world. Because, one of the big fat lies is we think we're the only ones. We think, oh, that person has it all together – they don't beat THEMSELVES up! And I got to tell you I've coached a lot of people from a lot of different walks of life and I have yet to meet anybody that doesn't have at least one big fat lie that is running the show on some level.

Lisa: Oh, my God, and God bless this lady in Maine. She says: "I'm losing weight but not fast enough, I can always be a better parent, I need to work more and harder, I need to clean the house more often." How many people is she speaking for?

Amy: Yeah, absolutely.

Lisa: I get it, I totally get it.

Amy: Yeah, and when I'm in these rooms and I say to people, OK, we're going to break into a small group and I want you to say: "If you really knew me" (from my friends over at Challenge Day – have this beautiful preamble), "If you really knew me, you'd know that I'm really hard on myself about..." and they just admit it, and they just go into that place of vulnerability, which is a place that our inner-critics love to keep us from. But it's a place of truth and it's a place of healing. And I say afterwards, "So what did you notice?" And people are in tears, just knowing, "Oh my God, I thought I was the only one!" This person over here that I think has a perfect body beats herself up everyday saying that she's not... she doesn't look good. She's not enough, she's not beautiful enough, she's not thin enough. This person over here that is the multi-millionaire says "they don't have enough money." Whatever it is, and it's from that place so that, I just imagine all of us that are listening right now huddled together in a room – just telling the truth about the big, fat lies. And knowing that there's a healing that's occurring right here in this moment, right now.

Lisa: In your life, Amy, how did you catch yourself on this? What specific event happened in your life that you – that you just woke up to "Oh, my God, I'm beating the crap out of myself."?

Amy: Yeah. Well you know in my work, obviously, I believe that we teach what most want to learn. So, in my work and when I released my book, "Big Fat Lies", it was like, alright here it comes because, of course, it's something that *I do*. I care so deeply about

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this because it's something that I have suffered from and that I still do, I still do. And I think for me, it became very, very strong when I became a mom. I have a 4 ½ year old little girl, Anabella, and I like to say that when I gave birth to my daughter I also gave birth to a whole slew of inner-critics, that came out in droves and decided to beat me up, you know, on night three, saying: "You're a failure as a mom because your baby isn't sleeping through the night." Now, I don't know where these magical newborn babies exist where they are sleeping through the night on day three, but my inner-critic sure said that, "hey, you know, this is the deal – you are supposed to be able to have this all together!"

Lisa: Oh, I have huge guilt as a working mother. Huge, huge, yeah.

Amy: Oh, huge! I'm with you! It's fascinating and the witnessing that happens with my daughter Anabella, it became so important for me because I realize I could be preaching everyday to my daughter about self-love and self-compassion and being good to yourself and kind to yourself and self-respect; but if I wasn't modeling it – forget it! Forget it. And so there I am trying the jeans on and they don't quite fit the way that I want them to fit and there's my two year old little girl looking up at me and I'm like "this is the moment." This is the moment where I get to practice what I preach. Where I get to look into the mirror and look into my own eyes with love and say "you are beautiful – even if the jeans don't fit the way that you want – even if the wrinkles are coming – even if you look like you haven't had enough sleep because you haven't." And for her to really witness that so that was a huge catalyst and a really galvanizing experience for me was becoming a mom.

Lisa: So it made a big difference and it wakes a lot of us up. So, perfectionism. Where does that stem from? Is it kind of related to those lies where you think you needed to be the perfect mother or fit into those jeans in the perfect way or look rested when you're not? Where does all that come from?

Amy: Well, you know it's interesting because I always like to say that where it all comes from, I mean, look around, in society, right? Especially for women and, guys, I know this is true for you as well – and – specifically the media has really targeted women with the subliminal message on basically every advertisement that there ever was. The subtext is: "You are not enough." You are not enough – buy this wrinkle cream; you are not enough, buy this; buy that – I mean it's no wonder that we have 10 million women and girls suffering from eating disorders in the U.S. alone. We been fed these messages not even necessarily on a conscious level; and that's the thing – is that we can be really smart consumers, but unfortunately our subconscious minds can be eating this stuff up, and then we wonder why do I feel like such a perfectionist? Why am I putting this

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pressure on myself? And I think that that is a big part of it, I think it's really nurtured in our society.

Lisa: I mean, there's a difference there between wanting to take care of yourself and feel good and then, trying to keep up with the television. I think once there was this law that said you cannot air brush magazine art – that obviously didn't go over. So, there are these false images that we're shown. And of course, even with our relationships. "Take this drug and you'll have lovely sex at 90." There are all these things that we're never going to be able to metric. So it's a matter of checking and balancing against yourself. Another big thing that goes with this conversation is boundaries, and I heard this in your work here, is that your inner-mean girl always says, "Yes." "Yes – I want to be liked; yes I'll do that for you – I want to be liked."

Amy: Yeah, absolutely – and I think that's... you know, in Inner-Mean Girl Reform school Christina Rilo and I teach we have seventeen different inner-mean girl archetypes that we talk about. And the "good girl", is a huge archetype for our inner-critics; and for the guys out there the "good boy". Right? The good little boy, the good little girl. I'm going to be a "yes" person, I'm going to be nice all the time. And it can absolutely eat away at our self-worth and at our personal boundaries in a big way. So, it's really about, and I encourage everyone listening right now – you have your top 10 list right there on a piece of paper hopefully, or maybe on the screen – type them into Lisa here. All of your big fat lies and I encourage you to also draw your inner-critic. It sounds kind of weird - "why would I want to draw my inner-critic?" and I'm here to tell you it is SO powerful to really get that I don't really feel that way, it's my inner-mean critic; it's my inner-mean girl; it's my inner-bully – and to really draw that. So that if your inner-critic beats you up and says you need to say yes all the time; you can never say no; you need to volunteer for everything; you need to never draw any boundaries for yourself. What does that inner-critic LOOK like? Is she perfectly pressed in pink with a beautiful pink camisole and her hair in a high pony-tail? Or, is your inner-critic really focused around your love life? I have this client who, we named her inner-critic and this is one of the archetypes we talk about – we named her inner-critic "Loveless Lulu." And this was the image that she used for Loveless Lulu and I love to do Loveless Lulu's voice. So, Loveless Lulu, just imagine this everyone, had a martini in one hand and a cigarette in the other; and would say (*in a gruff voice*) "You can never be loved, kid – you're unlovable – who would ever love YOU." And this was the voice in her head that was creating her Match.com profile. And then she couldn't figure out why she never met any guys that were available or accruing to her. And that's the thing about our inner-critics is when they're in charge, they spend their time and energy collecting evidence to prove their case. So there she was, collecting evidence of how unlovable she was.

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Lisa: There's so many incidences that are coming in right now of people who have specific incidents they remember, that they became unlovable. And then there's this beautiful question that just came in. "How should I feel if I *AM* happy?". That's a darned good question.

Amy: Ooooh! I just got chills.

Lisa: Me, too. "How should I feel if I *AM* happy?". Yeah, that's where we get so lost. And it's not our fault.

Amy: Yeah, exactly what I would say. You know, pay intention to your body. Our bodies are so powerful. Our bodies are so wise, and it's like sometimes we just exist from the neck up in that space of our head and our mind. And for you, thinking about how should I feel when, you know when I'm happy, it's like there's this space inside of you and I invite you and I invite everyone listening right now, to just remember a moment in their life where they felt like, yeah, everything is good.

Lisa: What usually happens for me is, that, just even hearing that question, a lot of pain just came out of my body because I think sometimes talking about this stuff brings that up and I just need like a moment to say, alright, how do I feel if I'm happy? Well, I need to get rid of this bit of pain that's been sitting here that I've been protecting and not wanting to pay attention to and moving too fast beyond this gigantic boulder of pain in front of me. And that just needed to come up so, thank you, my wonderful listener who asked that question. That's a very powerful question and before you can even feel happy you have to kind of call out and get rid of the pain. So thanks for that. So, getting through that, you know, dumping out some of the pain there, where do you go beyond that? Where do you see the window? What is it? What is it, Amy?

Amy: Well I think that the window is, once we start releasing the big fat lies, once we start seeing the pain that's there, once we start just telling the truth about what's really going on for us. You know, if we really, really, really knew you – what's the truth of what's going on in your life right now. And just letting it sit there in front of you – and if it's joy then be with the joy, if it's then be with the anger. If it's a feeling of being lost then be with the being lost feeling. I always like to say, you know, hold hands with it – just for a minute. I love that you just said that Lisa because it is like that, it's like, Oh, I just need to be with that for a minute and just really acknowledge the truth of what is going on for me. What we find is that can be there with it, that's when it starts dissolving. And it's like the last thing we want to do – we want to run away from it, we want to drink our way out of it, we want to eat our way out of it, we want to get busy – I do NOT want to deal with you! But it's the exact opposite, it's so counter-intuitive, isn't it – to just stop and say: "Alright, anger – I'm just going to sit here with you for a moment and let you be there."

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Alright, inner-mean girl; alright inner-bully – I’m going to sit here for a moment and let you rant. I’m going let you have your time with me. And then the clearing happens.

Lisa: Yes, yes and it’s by trying to shove that or get over it and think that you’ve got a rise to a different occasion and be the different happy, smiley face all the time – shoves it even deeper. So, yeah, I just spent a moment with that and I noticed that there was a kind of like tightness in my chest that went away.

Amy: Oh, beautiful! Oh, look at this, everybody! Lisa’s having a healing right now I love it! So powerful! Oh, I’m so glad – yeah, beautiful!

Lisa: Just what I needed, I just needed it! This was a challenging last twelve hours for just, I don’t know, things going’ on, so I’m kind of resonating with my listeners as well here too because they’re basically saying that they’re feeling the same thing – the heaviness – it was invisible but became visible. You guys are really *ON* today, my listeners, wow – you guys are really on.

Amy: Yeah!

Lisa: When you get real with the conversation it helps it move. And when you’re with community and you realize you’re not alone, it helps it move. But what helps me, is when I get in that place I need some piece of advice that can unlock and that can just give me the key to unlock what I already know to be true because I’ve read, I’ve listened to, and so have you all listening – you’ve read books, you’ve listened to CDs; you *KNOW* this material – you know how to get out of it but yet, you still get in it. So, this call today is about not going back to that pattern. Do you still do that, Amy? Do you still beat yourself up? Do you still get to that place?

Amy: I do you know, but here’s the difference. I really do think it’s the human experience but when I start beating myself up I know that there is an up-leveling that’s occurring in my life, so I don’t get scared of it anymore.

Lisa: What’s an up-leveling?

Amy: So meaning, I’m having – I’m about to have a breakthrough – I’m having the breakdown before the breakthrough. There is some level of my career that I’m getting to. There’s some new level of leadership that I’m being called to and my family as a mom. There’s some new level so it’s like when my clients come to me; when my inner-wisdom Golden Circle ladies come to me and say, “Amy, oh my gosh, my inner-mean girls are beating me up.” I go: “Oh, Good!” And they say, “What? Why would you say that?” And I

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say, “So, what’s going’ on?” “What’s the risk you’re taking?” “What is the risk that you’re taking right now?” And they go: “Oh yeah, I just fell in love.” And I say, “Ahhh! Well, there you go! Of course.” Our inner-critics are going to come out in droves. Their job is to maintain the status quo – to keep us in our comfort zones even if they are excruciating. You know, and this is homeostasis inside your brain as well, this is what your brain is fighting for – it wants to stay in this groove that it’s in. So when you’re reaching out, and you’re risking and growing – oh, my goodness – are the inner-critics going to come out! You know, I remember my “Big Fat Lies Women Tell Themselves” was my first book, and last year when it came out in October, I have never been so hard on myself. Lisa, it was excruciating!

Lisa: What? You wrote the book on it and you were hard on yourself? Wow.

Amy: Yeah! And then to talk about big fat lie # 6, you know, “I’m a total fraud.” I was like, oh boy, here it comes! And then I realized, oh, I can just talk about this – I can just tell the truth from the stage at my readings – and guess what? That’s what made people buy 5 copies of the book! Because they knew I wasn’t going to be preaching to them, saying that I had figured it all out.

Lisa: Well, there’s bigger, there’s “memes” as well, there’s the money is the root of all evil as a lie – that’s the outer lies, basically – that you have to be poor to be closer to God. There’s different things that we were – “memes” – that we have been raised with that maybe don’t resonate with us anymore because maybe we don’t like the fact that we can’t feed our families. I mean, there are things that need to change and this is the conversation that butts up against those social “memes” as well. Those “clichés” that are just the same thing as an inner-critic.

Amy: That’s right. That’s just it. We have these sayings and these expressions. I was with my husband the other day and something happened, it was something small, but he said “Well, you know, Murphy’s Law, you know, there you go...”. And I said, “BIG FAT LIE!” “Wait a minute!” The undercurrent of that conversation is that the universe is against me. The world is against me, that is the undercurrent of that expression, and I will not allow that to be believed and anchored in and continued to get cemented into our own lives or our daughter’s life. Can we just for a minute say that the universe is conspiring in my favor? You know?!

Lisa: Exactly. Silly things like, “Break a leg”. I’ve changed that conversation. There’s always “heal a heart”, “have a smile”. So we *get* this, and what Amy’s doing is she’s explaining there’s 5 steps to ditch your inner-critic. Step one was identify your inner-critics and this was the top 10 list that you guys entered in, and then she mentioned to draw or doodle a sketch, and step 3 was to get to know your inner-critic, like, what we

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did is we looked at it and said, OK, I get you, I get you *PAIN*. Now, here's the next step beyond the pain. Which is what? Step 4.

Amy: Yeah, so look at the places and situations where your inner-critic shows up. Is it particularly at work? Is it in the bedroom? Is it when you look in the mirror? And really notice that there are really certain areas of your life where your inner-critic might be running the show.

Lisa: Yeah, absolutely. So now, in the special offer that Amy has, there's very, very powerful processes to get yourself to this next step and we're going to do some of these processes on this call but I want to tell you, if you go to theawareshow.com/ahlers there's a whole 30-day process, and we are definitely going through some of these on the call but there's a whole 30-day process. Now, why do you do this in 30 days? Does it take...

Amy: Oh, I think you mean the 40-day, "The Inner-Mean Girl 40-Day Cleanse". Because 40 is one of the most powerful things in a whole bunch of different traditions in the universe, so we'd said, you know what – normally people do 30; we're doing 40.

Lisa: Great.

Amy: Because I think it's really important to go those extra 10 days but when you look at trying to cleanse toxic habits of your inner-mean girl, of your inner-critic, what we've found; and science has really shown us this – is that when you can put things into practice for 21 to 30 days, that is when that new neural pathway in your brain starts getting laid down.

Lisa: That's what I wrote down!

Amy: Yeah, yeah it takes about that long, right? To have that new neural pathway and you can feel this. This is why people talk about habits – that, you know, it takes 21 to 30 days to create a new habit, and so we said – you know what? We're going to do 40 day practice, because we want to not only create that new neural pathway, we want to ingrain it as deeply as we can so that we don't have to go back.

Lisa: Right, and on a daily basis. This is not just a one-off conversation.

Amy: That's right, it's a life-long practice.

Lisa: "Oh, hey that's great I've got that now and I'm going to back and then – 2 hours they'll back into the self-pummeling.

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Amy: Right!

Lisa: So this is something that catches you on a moment-to-moment basis. You know, all of that stuff – gossip, judgment, comparison, all those things – and you get to reframe it, right?

Amy: That's right. Exactly, and you know, in the 40-day cleanse, it's so powerful to say, "OK, what happens if I give up gossip and if I'm going to give up gossip", for example, "in my life", which is a total inner-critic habit, "what am I going to replace it with?" And so, we actually would say, OK, take gossip and let's replace it with "good talk", is what we call it. Take comparison. The toxic, toxic habit of comparison and replace it with inspiration. When you find yourself comparing yourself to someone else, when you feel that sense of that you are beating yourself up, and saying, oh my gosh, so-and-so is so much better than me, they're so much more beautiful than me, they're so much further along than me, whatever it is – really look underneath that comparison for the inspiration. And that inspiration can be the thing that really guides you, and it's so important to know what you're replacing these things with.

Lisa: Yeah, I went through that at one point with the gossip, it was so, I gave up gossip, and I couldn't figure out where gossip came from and I had this guest that was on that said gossip stems from survival in the cave woman days when we needed to know we were talking about other people in order to save the man and the forest and all that. So, I looked all that up and I realized, OK, this is where it stems from – and I made a commitment to stop that in my life – and I lost a few friends; because I realized that what it was – was that the gossip was keeping these other people in my life. They wanted to call and talk about other people, and I stopped. I stopped responding, I stopped playing that game, I stopped that conversation – and they stopped calling. And that's OK.

Amy: That is *totally* OK. It's brilliant and I'll tell you that, that can happen and you can end up being the person in the group that stops the gossip and starts turning it into an inspiring conversation. And I'm not just not talking about people that you know in your life, but really, we're talking about like, celebrity gossip. Why are we saying negative things? It's toxic! Even if you don't know Brad Pitt and Angelina Jolie – why are we... like... really, good talk is that, if that person showed up in the room, you would be OK with the way that they were speaking, the way that you were speaking about them.

Lisa: It's a whole social meme, yeah there's a lot around that, but I also know that when you start with yourself then you can start to impact others and that conversation just tucked it all in for me. So, that's what a lot of this about, too – and what you've learned from all the interviews you've done with all the amazing people especially Lisa Nichols, who is so real.

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Amy: I love Lisa, she's amazing.

Lisa: Very, very cool. Alright, so once again, thank you for correcting me on the 40-day cleanse, because it really does help and if you go to that website which is theawareshow.com/ahlers... OK, so let's talk about this 3-step process of how you do this. How do you get beyond and into that place of self-love of chunking up to the bigger picture of going through the transformation to get on the other side of that inner-critic.

Amy: So, this is a process that I have been developing for years and it's so simple and so powerful and so I invite everyone that's listening to actually take yourself through this process right now and you can actually type in on the screen your answers to these questions. We've kind of done step one a bit on this call, but anytime that you are feeling any sort of negative emotion from enraged to just irritated, doesn't matter what level it is. Any sort of negative emotion, your inner-critic is right there with a megaphone, right by you. And so, step one is to just stop for a minute and say well, "What is my inner-critic saying to me?" "What is my inner-mean girl saying to me?" And to really let those big fat lies come out of the darkness and into the light so they can be healed. And this first step again, you know, we said it earlier on the call as well, Lisa, that people want to resist that. They say, "Amy, you know I believe in the law of attraction, I don't want to think these negative thoughts, why would tell me to turn towards it?" And, it really is, you've heard it before – "What you resist – persists." So it can feel counter-intuitive, but the way in it to just be clean about those things that you are beating yourself up with, and really get it out of the shadows, into the light, and that's the step one. So, what is my inner-critic saying? So, it might look something like: "My inner-critic is saying you're too fat, you're never going to find love and it's too late for you." Ouch.

(Still Amy) So, then, after, let your inner-mean girl, let your inner-critic rant. You can type it in the screen right there, you can put it in a journal. I do this in my workshops in pairs. And the second step, once your inner-mean girl, once your inner-critic has really had their say, the second step is to then, close your eyes (and the closing of your eyes is really important so do it right now – close your eyes)...

Lisa: ...and all of you who have been typing this in right now I want you to take this moment because, they're flaming right now – anger is raging and I GET IT.

Amy: Good.

Lisa: And I'm really, really glad it is. This one that just came in, she drew her inner-critic and then the inner-critic said "You can't draw!" And then, I mean, just flames of anger are coming out. "You're a bad girl." Go for it, kid. Just get it out! Get it out because right now,

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Amy's going to take a through a process, right now, of moving on. You should all close your eyes...

Amy: Yeah, deep breaths... and then simply ask: "What does my inner-wisdom know?" "*What does my inner-wisdom know?*" And what you'll find, is, that now that you've let the inner-critic rant, now that you've just let it out, stopped resisting it – just said it; suddenly there's this beautiful clearing, there's this bright, white canvas that is ready for your inner-wisdom's truth. And here's the thing about your inner-wisdom – your inner-wisdom is just waiting for you to ask. Your inner-wisdom requires a little bit of space, requires some quiet often times; and your inner-wisdom can also deliver wake-up calls of truth to you. But your inner-wisdom does it from a space of love and compassion, of deep love and deep compassion. So your inner-wisdom might say: "Sweetie, you really do need to pay attention to your body and get healthy. I love you. It's time. Put the cookie down. Put the guy down. Put that relationship down. Get out of that friendship. Whatever it is. Your inner-wisdom will do it from the space of loving you enough to tell you the truth.

Lisa: OK, we are needing more examples – I'm hearing from the listeners that they can't hear their inner-wisdom. I get it. Give us some more examples, Amy.

Amy: Good. So here's the deal: I want you to let your inner-critic rant until your inner-critic is done.

Lisa: They have done this, they have done this, OK, so now...

Amy: So really, though, because here's what happens – is that our inner-critic; if she or he has not had their say yet – so when I'm in a room, when I'm in front of a room and I do this... and, on my website I have this incredible, brave soul named "T." that did this in front of couple hundred at a workshop and you would be shocked to hear what her inner-critic was saying to her – and – I always find that there's that space where we think that the inner-critic is done... there's like that lull? And then you say: "...and what else?" If you can really, I want you to feel like you are in the basement. Like you've gotten, like, OK, there's usually going to be what I call a mother lode big fat lie like you are just not enough or you're unworthy or you're unlovable, and just let that core big fat lie OUT. And so, just go there. And then, once you feel that sense of, OK, you've been hurt. I want you to physically, if you're having trouble, physically get up and change positions and look into another direction. I'm doing this right now. Close your eyes, and take that deep breath. What does your inner-wisdom know? *What does your inner-wisdom know?* And just let your inner-wisdom speak to you. Let your inner-wisdom respond. Just take that deep breath and just really, really be with it. (*Amy breathes in and out slowly...*) Really letting that sink in. And just type that into the screen if you're someplace where you can type, write it down in your journal...

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Lisa: Write down what your inner-wisdom is saying?

Amy: Yeah. What does your inner-wisdom know? I've asked this question, Lisa, thousands of times over the last twelve years... and gosh, it's shocking to me to hear.

Lisa: I want to read them, yeah...

Amy: Yeah, how life...

Lisa: What one says: "I am awesome, quite possibly the *awesomest* – I am love!" Wow...

Amy: Mmmm, beautiful, yes!

Lisa: Type them in, type them in! "I feel whole"... "Complete"... "Nice, nothing's missing!" Oooh, that's a good one "... nothing's missing."

Amy: Beautiful!

Lisa: Oooh, "I want for nothing." That's interesting! You guys – one mind out there!

Amy: Yeah, right?

Lisa: I love their responsiveness. You guys are beautiful. "It loves me – my inner-wisdom loves me, wants to be with me all the time and keep me company – I'm not alone!"

Amy: Oh, beautiful! Beautiful!

Lisa: Awww, I love that one!

Amy: Sweet, sweet, sweet – and again, it's OK also! You know, I mean, we love it when our inner-wisdom says these profound beautiful truths. And again, your inner-wisdom might need to tell you, you know, have the "come to Jesus" moment with you. Like, "Honey, it's time!" And that's OK, too. So just know that this is not about Pollyanna, this is not about B.S.'ing your way, and staying in denial about things that really DO need to change.

Lisa: It's not, it's not about that at all. It's not about that at all. So when you get to this, and keep typing them in because I'm going to read them as you guys bring them to me I'm going to read them, because this is good. Do you see what I mean where it just takes somebody to rattle your cage and to say, and to call you out, and to say "this is not living,

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you cannot live like this, you cannot beat yourself up, you cannot live with this level of pain. It is subconscious pain, but it's running your life. So, that's why I'm so glad that you're on this call and for everyone who is so guided right now to be listening to this call – that is hearing you – that is getting kicked “in the face” right now, with the “OK, I've been beating myself up too much, and now it's time to change the conversation.” And we're doing this together as a group. Right now, on this call. Even for you listening to the replay, this is your being accountable to doing this, really doing this and to getting that inner-critic moved out by having the inner-wisdom come in because it's a much brighter light. So now, I noticed that in the meditation that you do on the special offer here (because I listened to it) is all about connecting you with “the bigger picture.” Why you're here, why you're on this planet – chunking up to source. Tell me why you did that.

Amy: Well, you know I think that when we are able to step out of our lives and our struggles and our challenges and really connect in with our bigger vision, with our highest calling, with our life's purpose – it's like all of these little things that we beat ourselves up with don't even matter. Like, why would it matter if I am here on the planet to help wake people up to the truth about how fabulous they are, why would it matter how much I weigh? Why would I even engage in that conversation with myself? If you are here on this planet to be an incredible parent to your children why would it matter whether or not your house looks perfect? Why would that really matter? You know, when we tap in to that soul's purpose, that soul's calling – all of these things that we spend so much time and energy trying to be, do and have – it's so empowering to just step out of that reality for a moment, and step into the big picture of why we're here. It really allows us to be with our inner-wisdom and lead an inner-wisdom-led life.

Lisa: Yes, that's what I'm learning here. A lot of people are saying they feel “whole.”

Amy: I love it!

Lisa: Yeah, and another one was saying they don't need to talk as much because the silence the silence is better. Maybe the talking was covering over other issues, other pain. Maybe it was. So, “I can love when I am kind to myself”, that's a great one.

Amy: Beautiful!

Lisa: Oooh, this is a good one: “None of the lies matter, quit falling for them!” Good inner-wisdom!

Amy: Yay!

Lisa: Oooh, that was a good one! “Quit falling for them!”

Amy: I love that! I love it! Oh, my goodness! Gorgeous, gorgeous.

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Lisa: Yeah, that's beautiful. So once again, the website to go to is theawareshow.com/ahlers and there's a whole Inner-Mean Girl Reform School, and this is also for the men. And also I know there's inner-critics with men as well but what if you have a woman in your life, or your mother, or your sister, or someone who is your partner – you're tired of hearing them beat themselves up because you see how beautiful they are, and you want to change and help them change their languaging. There's a whole guide here which is just gigantic, there's a worksheet, there's a 40-day cleanse basically and it's an inner-cleanse of your conversations with yourself. And also, there's a group coaching you threw in here which I think is so cool! What is that about? Tell me what that is.

Amy: Well, I have just found that especially with my book, with the "Goal Fitting For Success" e-course, with all of these things that as the transformation's happening, people want to interact with one another and they want to interact and receive some coaching from me so I just really thought with all of these things that I was able to put together for your listeners (and I've never, ever put together this big of a package before, for this low of a price!). Oh my gosh, well, I'm so honored to be here in such great company like yours, Lisa, and all these amazing speakers on the summit and I really felt compelled to just say I want to give everything that I can to everybody listening that's resonating with this message.

Lisa: Thank you!

Amy: Yeah, and I just felt like I also want to interact with all of you. I want to be able to have time to you do the 3-step process with me, live on a call – to put you into partnerships – on the group coaching call; and have you go through some exercises with somebody from around the world that you haven't met and we can start having some real community. So that's the goal and the vision for that call is to do some coaching, do some love-seat (I always call it the love-seat instead of the hot-seat) do some love-seat coaching with people who raise their hands, and then also to really have some interaction with the people from your audience and be able to have them have some experiences in a small group and partnership format through the technology that's available today. It's so great to be able to do that.

Lisa: Yes, and that is perfect. I love that fact that mainstream media has really picked up on your message as well. I've seen you all over various news shows and, that this is something that so many people do that is not brought to the forefront. It's a conversation that – I think it's because we so deeply bury it in our subconscious minds – it just runs the show and we don't even realize it any longer.

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Amy: Yeah, well we get embarrassed! It's like "I don't want to talk about this because I think I'm the only one." And, again, I've never been in a room where I've run people through the 3-step process, and I want to make sure we get to step #3, because I'm realizing we haven't, where we run through the 3-step process or where we talk about or where we talk about we being hard on ourselves about – and it's just such a relief.

Lisa: And we haven't even gotten into the whole goal-setting conversation yet because that's...

Amy: Yes, I know, right?

Lisa: Thank you, sorry, thank you, I got so stuck into thinking... It's great because people are getting so much out of this, and your helping release so much crap in people right now and get to this next place that this is the perfect time to bring all the conversation in about the goal-setting because we could have talked about that earlier and it wouldn't have made any sense.

Amy: Yeah, that's right, that's right. Well, and before we go there I just really want to let people know step 3 of that 3-step process. So, the step 1 is "What is my inner-critic saying?"; step 2 is to close your eyes, take a deep breath and ask: "What does my inner-wisdom know?", and then the 3rd step is a **neuro-linguistic programming** technique. Where you actually do some sort of movement, that represents your – inner-wisdom; that represents your inner-wisdom's truth. So, I heard a lot of "I am whole." So, maybe you want to put your hand on your heart and just say it out loud if possible. "I am whole." And just repeat that 3 times. "I am whole." "I am whole." So, everyone, right now – go ahead, put your hand on your heart. "I am whole." "I am whole." And just marrying that with a physical movement in your body is so powerful and it really does lock-in your inner-wisdom's truth. So, I just really wanted to make sure we got to complete that 3rd step because it really is super-duper simple, and it's really powerful to just cement-in that truth by doing it with a movement.

Lisa: I am really grateful you did that because I'm a huge fan of NLP myself. I know how it does sink into the neurology what you're talking about so whatever you're feeling right now, even if you feel dizzy or... – it's all of that releasing and letting go and then connecting. One person said: "When I breathe I can feel it inside my body, and outside, to give calmness to myself and others." So if you do a motion with the breath, if you connect that into your neurology then you can cement-in these learnings. I love that about what you do, Amy, because you use that tool to really lock-in these learnings which is very, very important. And it's also the practice that makes this – the more you do this – the more you strengthen this muscle, and because you, you'll get it down to like a 3-minute process. You'll listen to it, you'll hear the critic and then you'll quiet the critic

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and then you'll affirm the next step. So, you could get this down to a very short process if you just practice this enough – which I love.

Amy: Yeah, absolutely and this is something – you know, some people, I have a lot of clients that do it as their morning ritual. You know, they just do the 3-step process real quick and then they're on with their day connected in with their inner-wisdom. They feel great, and they're doing actions based on their inner-wisdom's truth.

Lisa: Great.

Amy: Really powerful, yeah.

Lisa: And then, OK, so now, then, this gets you to the place of “what's next?”. So, we've gotten to a place where (in a lot of the listeners, which I'm loving) are getting to a place where they are feeling calmed.

Amy: Good – oh, I'm so glad!

Lisa: Loving, lot of love coming through, a lot of love here. A lot of deep breaths. A lot of hugs, a lot of self-hugs, this is fabulous! Stretch out your arms and give yourself a hug!

Amy: I love it! Pat yourself on the back, honey!

Lisa: Yeah, absolutely! So, OK, so you take the next step here, and you're talking about goals. What are your perspectives around setting goals?

Amy: Well you know, I feel like so often with goals... first of all, I feel like our inner-mean girls and inner-critics can end up being the ones that set the goals in our lives. And they set the bar for our goals to be ridiculously out of reach, or they make it so that we chase after a goal and we finally get there and we're like, “Huh. I didn't even actually really want this.” It's so important to get that inner-critic out of the driver's seat first before you even think about what you want. Because so often we're just so used to hearing that inner-critic voice that we can't even find that clarity on what we want. Or the clarity that we have just doesn't even belong to us – it was our mom's goal for us or our dad's goal or our lover's goal or our husband's or whatever. So, I really want everyone here when you're setting goals to have it be a “soul goal”, to have it be an inner-wisdom goal. And I find that much like the 3-step process that in the “Goal Setting For Success” e-course what I really do is take people through a 3-step process, and the first part is to clear out the past and to get to a space of completion and it doesn't matter whether – you can do this any time of the year. You can say, “You know what?” You know here we are right now we're when we're live on the call anyway, we're right at the halfway point – this is a

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beautiful time – to go ahead and say “What is it that I want to create for the rest of this year?” And it doesn’t matter when you do it, but the first step is to clear out the past, and we do this in the Goal Setting For Success e-course by really doing a “losses and failures list” and a “win and an accomplishment list”. And I use the word failure purposely. I’m tired of it being a word that... you know, it’s like... because this is one of the big fat lies – you know, failing means I’m a failure. No it doesn’t! Failing just means you failed! And I don’t know any human being that hasn’t failed time and time and time again.

Lisa: Oh, God but how much do you learn from those failures? Well, I’ve learned so much from the failures that I’ve had in my life, and I never go back – because I learned what I needed to learn.

Amy: That’s right. Yes, and I love that you just said that because that’s part of the process is then we take those failures – first of all we celebrate our wins – and I just everyone listening right now. What is something that you’ve accomplished so far this year? What is a win? What is a triumph? It could be a tangible thing like – we had a women that wrote in saying that she was releasing weight – AWESOME. Good for you! You’re inner-critic saying you don’t do it fast enough? We’re telling that inner-critic to get out of the way and we’re saying to the inner-wisdom: “Woo-Hoo! You know? I’m releasing weight, I’m getting healthy!” Good for you!

Lisa: And so she probably did that a lot faster than beating herself up in the process, right?

Amy: That’s right, exactly, exactly right, yes!

Lisa: Amazing!

Amy: Exactly, because we forget in our culture we are just “on to the next thing.” So, Lisa, I’m curious, will you share something that you are celebrating that you’ve accomplished, a win, a triumph, whether it’s tangible or intangible, that’s happened for you so far this year?

Lisa: Wow... there are so many!

Amy: I’m putting you on the spot. I love that you just said that! That’s awesome! Take a clue from that – everyone listening! There are so many things to celebrate!

Lisa: Oh my God. You know, I’ve got to say that the most, the biggest thing for me is I have a little 3rd grader who just ended 3rd grade and she – and I never ever even expected this from but her – but she is the most beautifully prolific writer, and she brought home this paper that – I’m so PROUD of her. As a mom to look at that... I mean, her depth, her heart and her soul and her creativity and her imagination – it just blew me

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away and that she had been working on this for probably six months. And that she brought this – it was like a present – it was like wrapped with bows, it was so beautiful, but it wasn't, it was on the paper but it was so, so beautiful and of course she got an incredible perfect score which I didn't ever expect! I never expected that! I don't really care if she gets A's, B's – I don't care... I just want her to have a good experience and a good learning experience but that she came back with this and was so proud – that for me was the biggest... I mean you talk about – I don't know – do you know what I'm saying?

Amy: I do, I do.

Lisa: It's hard to put words to the love and the feeling that I had for her sense of accomplishment with that. It was beautiful. Beautiful.

Amy: Well, yeah and I'm really hearing for you, Lisa, that the win is knowing that you are the type of mom that could create this space.

Lisa: Yeah, all that beating myself up for working and all that. Thinking I've destroyed... she's the one telling me: "Go mom, do what you need!" And I'm like, "OK!"

Amy: That is right. Oh, I love it, I love it and I just think that's so powerful and so write your win in here. Let's celebrate some wins because – Yeah, go ahead and type it in on the screen because... this is it! This is our life!

Lisa: That is a great idea, Amy. I want you all listening right now to type in your wins. What are your wins? I want to hear your wins. OK good!

Amy: Yeah, what are your wins? What are your triumphs? And then, conversely, we also celebrate it. In the Goal Setting For Success 13-week e-course we celebrate, we take the time to celebrate. For goodness' sake! We need to celebrate, people. We have so much to celebrate. About who you're being, about what you're doing, about what you've achieved in the world. About your friendships, about your relationships, really celebrating!

Lisa: Check this out: "I fought the school district and won. Special Ed. is always a struggle, and I won the battle for my child." Look at you girl! I know, have a friend who is dealing with that and she won too, so, good for you!

Amy: Oh, my gosh, and not just for your child but for generations to come, that will mean so much!

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Lisa: Absolutely.

Amy: Talk about a legacy.

Lisa: Oh, my gosh. This other person... OK, so keep going, I want to see the “wins” here. Just I want to just type that in super-quick. These are blessings!

Amy: I love it, I love it. Yes, celebrate! Celebrate! We’re giving you high-fives and hugs and smooches across the airwaves here! I love it!

Amy: Isn’t this better than beating yourself up?

Amy: Yeah!

Lisa: And also, I love that, what you said, the “soul goal”.

Amy: Yeah.

Lisa: That’s a great phrase. “Soul Goal”.

Amy: A “soul goal” vs. an “ego goal”. You want to have them be the soul goal! You want to be really aligned with your soul, really aligned with your inner-wisdom. We go through celebrating wins, we go through processing failures; and then once we have that clean slate – one of the way we process failures by the way, you mentioned this Lisa, is by knowing the lesson and claiming the lesson that you learned from that failure. I’ve always loved the Winston Churchill quote: “Success is leaping from failure to failure without loss of enthusiasm.” And that’s just it, we think that we’re not supposed to fail and boy, we just, we fail all the time! So we need to celebrate we don’t fail, when we win, when we triumph, when we succeed – and then we also need to learn how to process our failures. And so we talk about that in the course before we even begin so you have this clean slate. And we do a little completion ceremony in the e-Course, and then we go into really looking at what is it that you want to create? And really diving into what is it that you want it to feel like when you get there.

Lisa: “*What is it that you want to create?*” You know I was just thinking about when you were talking there. There’s so many times where, when we get what we want, we accomplish what we want, then we just move on to the next thing. But yet if we fail, we dwell in that space for so long.

Amy: It’s so true. Well said, yes.

Lisa: So true. I love the fact that this is a positive place for people to be at this time listening to this call. This is your positive oasis right now, this is your moment where you get to listen to the inspiration coming from you rather than beating yourself up.

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We're giving you a break from beating yourself up which does not mean you can go back to it, by the way! I'm reading some of the "soul goals" in here... "I finished my business plan – long nights burning the midnight oil." That is a great thing, because, look what you've done, you've set your future up, which is great. Nothing happens without a goal, right?

Amy: That's right.

Lisa: That's why soul goals are so important, by the way. More wins here: This is the one that yelled at herself for drawing the bad face. Now she says: "She drew the wisdom within her and it came out as happiness." She had a drawing that's filled with radiant sun, colorful stars – so beautiful and love and laughter. She's totally, completely transformed that other picture... which is super, super cool!

Amy: Awesome!

Lisa: Someone asking: "What kinds of goals could we set for 6 months left in the year?" Good question.

Amy: I always encourage people to look at the different areas of their life. How is it that I want to feel in my body by the end of the year? My finances? My relationships? To really look at it from that perspective, and ask the question, "How is it that I want it to feel?" Because the feeling is such a doorway **IN**. And then saying, OK so if feel vibrant, sexy and succulent in my body by the end of the year – what does that look like? Well, I'd released about 10 pounds, and I'm working out every day, and I'm doing my meditation. That's the doorway in. Go in through the feeling place first, and then say, well, if I want to feel that way then what would my life look like if I was feeling that way. And really working with your inner-wisdom here as you create those goals. Then, what we do in the Goal Setting for Success e-course is then we backtrack it. So, we start with 12 months out, then we backtrack to 6 months, then we backtrack to 3 months, then we backtrack to 1 month. So you say, OK, if by the end of the year I'm going to have that, what do I need to be doing – a month from now? If I'm going to be on track for that. Does that make sense, Lisa?

Lisa: Yeah, so take 10 pounds as an example. So, if you want to lose 10 pounds. So you backtrack to the feeling that you want to feel, when those 10 pounds are gone, and the foods that you want to eat that are clean in order to get you to that goal, and those types of things, is that what you're saying?

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Amy: So, what I'm saying is – first – find out how is it that you want to feel, so, I want people to say: “I want to feel... XYZ... first; and then notice, if I want to feel vibrant and sexy and like “I'm on fire with my body!”; then what would that look like? And it might be for some of you, that you need to put ON 10 pounds – for others of you it might be that you want to release; and I want to encourage people to use the word “release” when it comes to weight vs. “lose”; because when you “lose” something you want to “find” it again. But when you release something, it's gone. So, just a little tidbit in there! The word police, there! But, you know, really looking at well, I'm going to release 10 pounds and then saying, well, if I'm going to release 10 pounds within 6 months, what do I need to be doing at 3 months? Oh, I need to get that gym membership... and I'm going to be running 4 times a week... or doing yoga, whatever it is that floats your boat. So get into the action steps of it by going to the top of the mountain first... where it is that you ultimately want to be... and then look down and say now “how did I get here?” Instead of being at the base of the mountain and looking up and saying “how the heck am I going to get **THERE?**”.

Lisa: Right, right, and actually weight loss is a great example here because all weight loss happens by the desire to feel good. If you don't have that desire to really want to feel “good”, then it won't happen because it's the inner-mean girl that beats you up that may sabotage yourself with food... and eat foods that aren't good for you or that make you feel slow or sluggish – not be able to think clearly. That's satisfying the inner-critic. What you want to do is get to that place of feeling good and when you feel good you're light, you're free, you're clean, you're fast. It's definitely a great example, there. And so just to, you know, because, I don't know... weight loss is really always at the top of people's goals when you set up those planned New Year's goals, it's always at the top. So it's a good one to address. But, I mean, you know who you are, if you are resonating with this call and that's why I'm so glad that you talk about this exact thing, Amy, is that inner-critic. It stems at the bottom of every single thing that gets in our way, everything that sabotages ourselves and the people listening are resonating with this. They GET it. You're talking about this and they're saying “Yep, that's me, I want to figure this out, I don't want to beat myself up anymore.” “Yep, that's me.” “Yep, that's me!” I'm getting a lot of this. I'm just seeing on the response here a lot of people who are really resonating with what you are having to say.

Amy: Oh, I'm so glad, I feel so honored to be able to be having these conversations, it's so important for us to be talking about this!

Lisa: It's landing great. Someone is saying “I love, love, love this conversation.”

Amy: Oh thank you, beautiful!

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Lisa: You must get that a lot, which I love, yes, you must get that a lot...I asked earlier for callers, you pressed (*2) to raise your hand... and let me see if I can get this caller up here from **Bellevue, WA: Do you have a question for Amy Ahlers?**

(Anne): I do, this is Anne.

Lisa: Anne! **(Anne from Bellevue, WA raised her hand and speaks):** “Hi, I’m sitting here with my inner-critic and my wisdom pictures that you just read about, right in front of you. I’m looking at the two of them side by side. One is so dark, and one is so radiant and happy and beautiful. It’s amazing!”

Amy: I love it!

Lisa: Thank you so much, you are so brave!

(Anne): But I do have a question. I have 3 people in my life that I do personal work with and this is something that just came up from yesterday that I finally saw, they are all manipulators. Really, really good at it – really subtle – and I get *caught* over and over and over again and that’s when I start feeling like this “bad girl”, you know and I, and I... don’t... how... What can I do in... How can I respond to the manipulation when it happens in the moment... without... you know, when I’m working with these people, so that I can help them and also hang on to myself – and not get “caught” in the manipulation?”.

Amy: OK. I love this question, what a great question Anne, thank you. The first thing, and I know this is going to sound completely counterintuitive, but the first I want you to do – right after you get off this call – is I want you to make a list of all the things you love about them. I want you to really make that list of seeing them through compassionate eyes, through loving eyes – of the best part of them. I want you start collecting evidence of the goodness that is inside of them. Because what I hear you doing is starting to collect evidence about the worst part of these people, and so you’re going to start attracting to you, the worst of them. The second thing I want you to do is have a moment with your inner-wisdom. Go ahead and close your eyes and take that deep breath. What does your inner-wisdom know about these relationships?

(Anne): That they came into my life for a reason, so that they can help me, and so I can help them.

Amy: Beautiful. And what’s that reason? Why are they a gift in your life? What are they here to teach you? I’m asking your inner-wisdom here.

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(Anne): They're here to teach me unconditional love.

Amy: Gorgeous, and here's the thing Anne? I want to give you absolute permission to get out of those relationships. I just want to give you that permission. I don't know if you need to do that. I don't know. You're the one that knows the truth. Not me, your inner-wisdom and you keep connecting on that. But I just want to give you permission that you can learn that lesson and unconditionally love them and have them get out of your life. And say I'm not going to have you in my life anymore. Sometimes, that the absolute most loving thing that we can do for ourselves and for other people, is to say "bye-bye."

Lisa: Interesting!

(Anne): Thank you so much because I've been wondering about that and feeling guilty about it. You know, all that stuff! They are such toxic people!

Amy: You have permission to say "no more" to the toxic people in your life. You absolutely do. I love to call them "energy vampires". They're all over the place. Here's the thing: I want you to love them, with compassion, and then if your inner-wisdom says "it's time", I want you to cut that cord! And learn the lesson of I can unconditionally love people. I remember when I left a relationship I was in for 5 years, and I remember I woke up one morning and said – "Oh, my God – I've been loving him more than I've been loving me. And the most loving thing that I can do as a stand for love is to leave this relationship. My inner-mean girl thought the most important thing for me to do was to stay and stick it out, because I loved him. But guess what? I love ME more. You love you, Anne, more than you love them. And you should. But just permission, honey, you have permission. Your permission slip is written. I've just given it to you.

(Anne): Thank you. Thank you so very much.

Amy: You're welcome.

Lisa: Wow, you speak for so many people. Thank you so much for your call.

Amy: Keep that goal setting going too, with your beautiful art work!

Lisa: Somebody else just emailed in and said she had the same exact experience and let go of someone after a 22-year long relationship. When you make a shift in who you're being and you really change the energy and vibration that you're resonating at, those things in people around you that don't work will naturally fall off. Do not drain yourself. Raising your frequency, and going to your next self – your wise self – absolutely! So go to the website which is theawareshow.com/ahlers and find out all about Amy's package just for the Aware Show people.

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Amy: I just love your audience so much, I was on your show right during my book tour and I had a couple people come to my book signing because they were in your audience and had heard me on your show. They were SO awesome!

Lisa: I so love the listeners on this show, because they are already at a certain level in this process in their lives. They want to get that place of joy. That limitless joy, and this is another piece to that. Another step to that. So I appreciate you saying that. Amy is doing a coaching call just for the people who are getting this package. Just for you guys. Look how much we got out of just that one call from Anne, and I know we've run out of time here but I can't tell you enough about how important this is to free yourself up from your own inner-critic and the steps to get there and the 40-day process and the coaching call and everything is on that special offer for you all, so thank you, Amy so much!

Amy: Aw, thank you so much for having me Lisa, you're such a joy and delight and a light in the world and I mean, everyone, let's give her a round of applause! Lisa, because you're so awesome and your energy is just – ah – love it.

Lisa: I want to learn, because I get stuck – and it's BORING! It is a drain!

Amy: Yeah, we need some joy and excitement, that's right! So thank you for what YOU do! Your work in the world is just... you have a legacy, darlin'. So thank you! I'm honored to be a part of it.

Lisa: Thank you so much! That is beautiful. I appreciate you! Alright, love child...

Amy: OK, bye-bye everyone! Thanks Lisa!

Lisa: Alright, thank you so much.

Amy: Bye bye.

Lisa: Bye bye. Awww, that's so sweet. Yeah this is basically, the bottom line is, for you to get to YOUR legacy as well, and you're not going to get there if you're beating yourself up and suppressing yourself and repeating all those patterns and habits that you heard as a kid. Time to let it go, and you do this through repetition. Every day, where you catch yourself, and you reframe the story and you recreate the conversation and you stay committed to that and then you teach it to others. The bottom line is that we're raising the vibration of this planet one person at a time for every one of you that's listening on this call, you have now taken a step in your own personal evolution. You have now raised your vibration in a certain way, by listening to this. By being in this energy, by taking part – as a participant – and standing up for yourself. This is what you're representing, and

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you will now go forward and share this with another person, just by listening to this call. If you choose to take on the special offer, and take it to the next level and dive in and rip it all apart and reform it all, then go for it! It's up there for you, it's deeply discounted because we wanted to make it available to you to be able to do this work and to be able to commit to it, and to commit to yourself, and then go on and be that model for your children, for your employees, for your... whatever. For your mirror! OK, I love you all so much, and I thank you all so much for being in this beautiful community of Aware Show family. I appreciate you all, and until the next time... I invite you to STAY AWARE.

—end of transcript—