

Who's Running Your Life?

Handbook



Remembering Who You Are and Reclaiming Your Power

Essie Silvers

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Remember

Imagine there comes a time in your life when you begin to remember...

Slowly, your life comes into focus. It is like someone turned a light on in the room and the things that have made you afraid and confused loosen their grip and stop controlling your life. You put the experiences of your past into a useful perspective and you begin to live knowing you are Divinely supported and guided at all times.

How might your life be different when that happens?

How might your relationships change?

How might your work be more meaningful and joyful?

How might you experience all the joys of life?

Remember who you are.

Live, love, and work in ways that nourish your Divine nature.

Essie Silvers

To “The Guys”
Thank you.

ACKNOWLEDGEMENTS

Several years ago, I walked into the office of Ava Brenner in Santa Fe, New Mexico. Ava channels a group of energies she calls “The Guys.” Week after week, for years, The Guys helped me remove the veils that blocked my awareness of who I am and taught me about the Kid and Adult paradigm. I am eternally grateful.

Soon after, I was blessed to cross paths with Nancy Gray. As a cherished friend, she offers insightful feedback and encouragement. As an accomplished singer, performer, and songwriter, she brings vitality and melody into my life. As a passionate English professor and editor, she helped make this handbook a better read. I am deeply grateful for all she has added to my life--especially her son Basil, who is my adopted grandson and one of the smartest people I know.

Finally, I wish to thank my beloved partner and husband, Curt Silvers. He has listened to me wax on about this material since the day we met. His patience and support have been essential, as is my love and appreciation for his presence in my life.

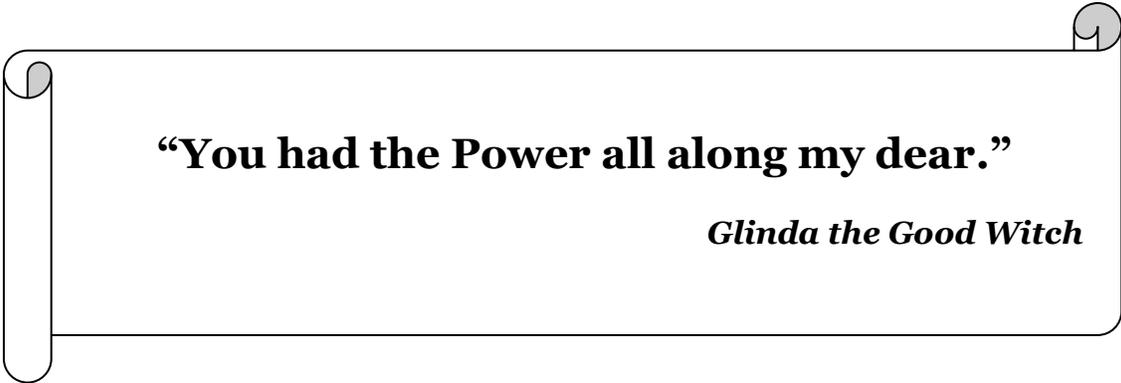
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“You had the Power all along my dear.”

Glinda the Good Witch

The Beginning

Welcome to the “Who’s Running Your Life?” program. Let’s begin right off the bat with a universal truth:

There is nothing new in this book.

Like the age-old wisdom contained in the Law of Attraction, the Secret, and many other practices and programs, the basic information in the “Who’s Running Your Life?” program has been around for a long time and in many different forms.

So, you may ask, why did I bother to write this book and, more importantly, why should you bother to read it? Because:

This program deals specifically with why it so hard to practice what you know and do what you want.

I began my own journey working with many gifted healers as a client and student. My education and personal growth includes the study and practice of co-creative science as defined by Machaelle Small Wright at the Perelandra Center for Nature Research, energy healing, psychic and intuitive development, meditation, visualization, affirmations, past life regression, emotional body clearing, massage, and working with the chronically and terminally ill and their families.

I moved to Santa Fe, NM, in the spring of 1998. This move itself was a huge leap of trust for me. I left behind my job of 25 years and everyone I knew. I sold my house and moved to Santa Fe with two suitcases and my 14-year-old cat. Later that year, I began a nearly four-year journey studying with a group of energies called “The Guys,” graciously channeled through Ava Brenner in Santa Fe. Week after week, they helped me pull apart the tapestry of my life as I labored to understand and put these concepts into context. I worked harder still to apply this information to how I lived and responded to the world. Doing so quite literally changed my life as I learned to perceive the world in ways I had never considered before.

As a conscious channel myself, I have continued to work with a large variety of channeled energies to develop this program. It is designed to help you become conscious of the parts of your mind that run your life everyday (both conscious and unconscious). With that awareness, you can begin to make more empowered decisions about how you live and what you want to change.

If you have a spiritual or empowerment process you like and are still struggling to create the life you want, this information may be the key you are looking for. It can make those practices more effective and help you unlock the power and abundance of the Universe. I have strived here to help you discover for yourself ways that you can identify barriers to your personal power and gain access to your Soul’s wisdom and strength. It does not

matter what your spiritual practices or beliefs are. If this material resonates with you, try it and see if you want to integrate it into your life.

I have written this handbook to be straightforward and practical. The language and format are simple. Some language is repeated and critical information is highlighted in text boxes. Don't let the simplicity of this text fool you.

This is profound information for those who want to use it.

Lots of folks have worked with aspects of information you will explore here. There are many books, films, lectures, workshops, music, etc. offering information about empowerment and awakening. Those of us who choose to offer what we learned to others do so in unique ways—affording you many paths to these collective insights.

While this program is simple, it is not easy. For me, it literally took years to fully integrate this information into my conscious life. Still today, I find myself referring back to this information regularly. Be patient with yourself. The rewards can be immeasurable.

Simple; Not Easy

In this handbook, I share examples and stories about what has worked and has not worked for me and others to provide you a context into which this information can flow. These are examples only—not recommendations. One size does not fit all. Just because something has had a miraculous impact or a devastating one on someone else is no indication of how that relates to you and your life. Add these antidotes and references to your ever-growing inner wisdom. Own what feels right for you and overlook the rest for now.

In the end it really doesn't matter if or how you learn this stuff. Trust your Soul to guide you to the information you seek when you are ready to receive it. If the Running Your Life program does not resonate with you or make sense to you, please put it aside. If you are looking for something else, simply ask that you be guided to what will work for you and trust that it will cross your path. Then be on the lookout for it.

Much of the process of integrating this information into my life was quite difficult. Letting go of what I thought was real and how I related to the world was a challenge. That said, it is more than worth the effort.

Lastly, I have a few more suggestions about how to use this book:

- take your time and be gentle with yourself;
- answer the questions and take notes;
(it will be useful to see how your answers may change over time); and,
- **HAVE FUN!**

Once the roller coaster leaves the gate, it's how you take the ride that counts.

What This Program Offers

In this guide, you will explore the aspects of your mind that affect how you see the world, ways to discern which part of your mind is in charge at any given moment, and how to use that knowledge to your advantage.

This program offers a unique perspective from which you can create the life you want. This path is not especially better than another. It simply offers options you may not have considered before.

This program focuses on:

- **Recognizing that you are already powerful in the world.**
- **Being and living in the present moment.**
- **Experiencing what your life can be like when you know you are always supported by the Universe and are never alone.**
- **Putting the experiences of your past into a useful perspective; identifying and using the skills you have gained along the way.**
- **Making decisions and taking actions based on the knowledge that you are safe and not based on a perceived need for safety and security.**
- **Living on your personal "Trust Fund" - trusting the Universe is 100 percent for you every nanosecond of every day.**
- **Knowing that everything that happens, ultimately happens for you and your Soul has signed off on it. Even though you may never know the reason, you can trust your Soul intended it.**
- **Living as if you have all the time in the world!**

**“Remember the emphasis on the heart. The mind
lives in doubt and the heart lives in trust.
When you trust, suddenly you become centered.”**

~ Osho

Living on a Trust Fund

What would your life be like if you lived on a trust fund? Would you be free of worry and concern about the future? Would you be happy and content? Would you be willing to take risks and do what you want to do? Would you live the life you are longing for?

If you are willing to change how you perceive things, you can live supported by your personal “Trust Fund.”

You can choose to live in a state of trust—knowing the Universe supports you every nanosecond of every day.

Choices

You have a vast array of choices about how you live. For this discussion, let’s boil it down to:

- I. You can live in a state of fear, worry, and uncertainty—and let that run your life; or,**
- II. You can live in a state of trust—knowing you are 100 percent supported by the Universe at all times.**

While that may sound awfully simple, hang in there and let us look at very practical ways to discern these choices.

- I. You can live in a state of fear, worry, and uncertainty—and let that run your life.**

It may seem like you do not have a choice when you are invested in how you live, what you do for a “living,” who is in your life, where you live, and what other people think of you. A part of you may be focused on the fear of being judged, not being liked, or not being good enough. This is how many of us end up giving our power away.

Imagine consciously living your whole life with this cloud of fear hanging over you, obscuring your vision of what is possible, and automatically eliminating options that are available because you can't perceive them.

II. You can live in a state of trust—knowing you are 100 percent supported by the Universe at all times.

You can choose to live in a state of trust. You can trust that you are completely supported by the universe every second of every day. You can relax. You can strip off the veil that clouds your vision of opportunities and possibilities.

Regardless of your current or past circumstances, you can access the abundance and possibilities of the Universe. You can choose to put your past into a useful perspective and focus your energy on the abundance available to you **now**.

Reflections from the World

While possible, living in a state of trust is not especially easy in today's world. The reflections we see from others are often based on fear, scarcity, greed, anger, grief, pain, loss, and lack. In our world today, for one person to be right, someone else must be wrong.

There are many reasons for this separation from truth and trust. Your natural state; however, is to live in this state of trust. It is a matter of peeling away the veils that obscure your view and experience of your authentic, powerful, love-filled self.

Belief vs. Trust

Throughout much of my life, I had a habit of saying I was "Taking a Leap of Faith." This faith afforded me the courage to act when I wasn't sure of the outcome. Because I **believed** I was okay, I was willing to take a chance.

"Taking a Leap of Trust" is very different. Trust is in what you **know** is real. Trust does not require courage because you are not afraid. You know, deep into your bones that the Universe supports you every nanosecond of every minute. Taking a Leap of Trust is actually easier because you know that wherever you land, you are going to be fine.

The Library

Creation of the Library

When we were children, whenever something happened (good or bad) we learned how to react to that event. Every event created a response based on our needs as children for safety, security, survival, and our need to monitor the good-will of others. As we grew older, those responses developed into a collection of pre-programmed, automatic reactions referred to here as “The Library.”

This made sense at the time. After all, when we were very young, we depended on others to take care of us and to provide for our needs and wants. As we became older still, we grew accustomed to our responses--they became more and more automatic.

In the process of recording this library of responses, we developed survival skills, learned to depend on others, and learned to defend ourselves from others. We also learned who we could trust and who we could not.

Problems When We Grow Up

So, you might ask, where's the problem? Well, troubles arise when we continue to rely on the same set of assumptions we developed as children to make decisions and to react when we become adults. The circumstances of our lives have changed. As adults, few of us need to rely on others to take care of us and provide for us. We have options and choices available now that we could not have imagined when we were children.

Unfortunately, most of us never updated the library. The old recordings keep playing automatically – over and over again. As a result, we continue to create the same results in our lives – over and over again.

For example, why do many of us keep drawing the same kind of people and relationships into our lives, even though those relationships don't work and don't make us happy? Why do we stay in jobs we don't want, doing work we don't like? Why do we continue to allow people we don't admire, respect, or even like to play major roles in our lives?

Often, we did not enjoy these situations the first time (or the tenth time) we lived them. Why is it we keep playing the same recordings and recreating the same "mistakes" when we know it's not going to work?

Automatic Pilot

We do these things because we are on automatic pilot. It is comfortable. It is familiar. It is pre-programmed. It may not be creating the results we want in our lives, but it is so **easy** to unconsciously play the old recordings – and end up with the same results.

When something comes up, our pre-programmed recordings plug in automatically and instantly. They are like operating systems on our computers. Most of us do not interface with the operating system. When we turn it on, the computer automatically runs through the start-up protocols without asking us to think about it or provide any input.

It works the same way with our library. Now when something happens that triggers an old or automatic response, the recording immediately plugs in and starts running. We aren't even aware it happened. We automatically react to current situations using old recordings. Even though these responses may not be relevant to the current situation, they run without any review or input from our mind today.

Examples of Library Recordings

Here are some examples from my own library. When I was a child, I developed a set of assumptions about the world. These assumptions were based on my experiences and my perceptions of those experiences.

Whether or not anyone in my life intended these consequences is not relevant to how I perceived my life when I was a child. Those perceptions and my responses were "recorded" in my library. Here are just a few of the recordings I developed early in life:

- Everyone I love and trust will hurt me--so don't trust anyone.
- If I work hard enough, do enough, and I am good enough, "they" won't hurt me anymore.
- Always display BRAVADO! I must act like everything is OK and nothing or no one has hurt me, even when they have.
- I must be hyper-vigilant and anticipate the future. To be safe, I need to know what other people are thinking at all times and what they are about to do.
- I am late. Whatever it is I want to do, I should have already done it. I am behind the 8-ball before I begin anything.
- If something bad happens, it is my fault.
- I must “clean up my room” before I can do or have what I want.
- If a little of something is good, a lot is better, and too much is just about right!

Results of Automatically Running Old Recordings

As an adult, I continued to automatically retrieve those same recordings and I kept repeating the same patterns in my life. Here are some examples of what I experienced because of living on automatic:

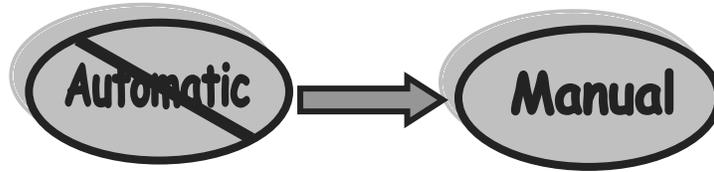
- I participated in relationships that were abusive. This kept happening repeatedly. Friends, family, business partners, clients, and associates "took advantage" of me. I didn't respond to this by looking at what part of this I could change. Instead, I assumed it was all my fault, and tried fix it. I developed a high tolerance for emotional and physical pain. I thought I had no choice but to keep going in the same circles. It didn't register with me that I could choose differently.
- I gave far too much of myself away. People didn't need to ask for my help. I was so co-dependent that I made it my job to figure out what they "needed" and give it to them before they could ask. I did this automatically, without realizing I was going out of my way to mind other people's business. The results were not good for me or the people I thought I was helping.
- I worked very hard for people whom I *perceived* did not appreciate or even want what I offered. My response to this was to again assume it was my fault, so I worked harder and gave more. I tried diligently to prove my worth through "hard work," hoping to be acknowledged within systems that didn't work for me—all but guaranteeing disappointment.
- I didn't have a clue about how to have fun. It scared me. I was play-impaired. My recordings about having to "clean up my room before I could play" permeated all aspects of my life. In this case "my room" represented all the things on my "TO DO" list, which was constantly growing because I never said NO. "Play" in this case was all the things I really wanted to do. That could include work, projects, enjoying others, etc. If I wanted to do it, my automatic response assigned that to the list of things I could do AFTER I "cleaned up my room."
- I lived in constant fear. Afraid of being hurt. Afraid of not being good enough. Afraid of being "found out." Afraid of getting too close. Afraid of being left out, abandoned, ridiculed—the list goes on and on... Fear ran my life.

My old recordings had me running in circles, with nowhere to go but back to where I had been. I was responding to the world automatically, using only the information recorded in my library. As a result, I was chronically depressed and acutely ill. Given my personal life experiences, some of those recordings **MAY** have worked for me and made sense when I was young but playing out those old patterns definitely did not work for me as an adult.

I tried lots of different kinds of therapy and alternative healing practices. Much of it helped. It also took a long time and required enormous amounts of effort and money.

Breaking the Old Patterns

I wanted control of my life. My challenge was to learn how to take my systems off **AUTOMATIC** and put them on **MANUAL**.



If I had known how to get my responses on manual earlier, I could have gotten to where I am now much more easily, efficiently, faster, and a lot cheaper.

To get control of my own life, I needed to determine:

WHAT WORKS FOR ME, FOR NOW?

For Me, For Now

Those are four very powerful words. Make a note to remember them. Applying the power of these words to your life can help put you squarely behind your own eyes and in the present moment, where you have the power to create what you want.

You have options today that were not available when you were a child. If you respond automatically from your library, you are missing the incredible power and options that you have now.

Since every moment is new, don't rely on your past successes or past failures to predict your outcomes today. Just because you failed at something in the past, doesn't mean you will fail if you try it now. Conversely, because you succeeded at something in the past doesn't mean you can, or even want to, succeed at that now.

Every moment, ask yourself: **"What works for me, for now?"**

You Are Already Powerful in the World!

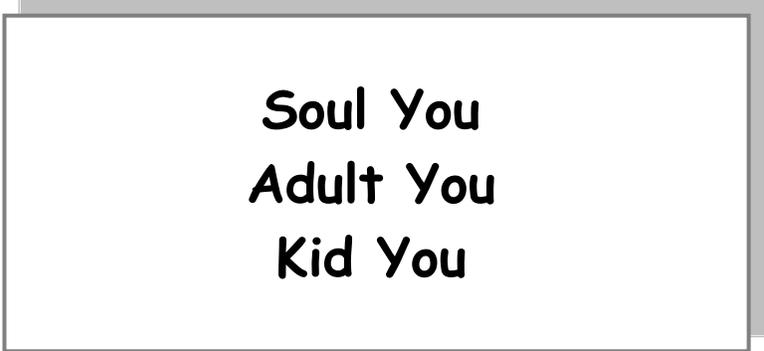


Like Dorothy looking for a way home from Oz, you already **ARE** what you are looking for. The challenge is to remember who you are and reclaim your power. Extricate yourself from the illusion that you are anything less than a part of the Divine Universe—even though most of the outside world supports the illusion you are not.

Aspects of You

The Three You's

As a human being, there are three aspects of You:



Soul You
Adult You
Kid You

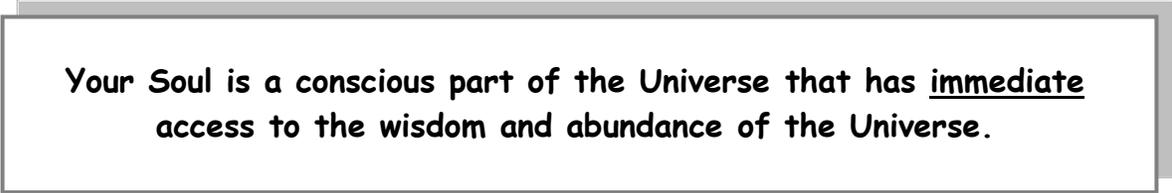
There is one part of you that exists “out-of-the-body” and two parts that exist “in-the-body.”

The Out-of-the-Body You

Your **Soul** is the part of your consciousness that resides outside of your physical body—the “out-of-the-body” you.



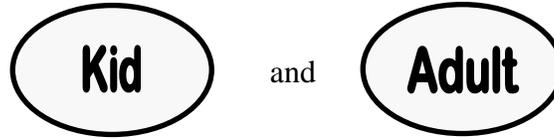
Naturally, your Soul has a much broader and more comprehensive perspective than the aspects of you that exist in your body.



Your Soul is a conscious part of the Universe that has immediate access to the wisdom and abundance of the Universe.

The In-the-Body Yous

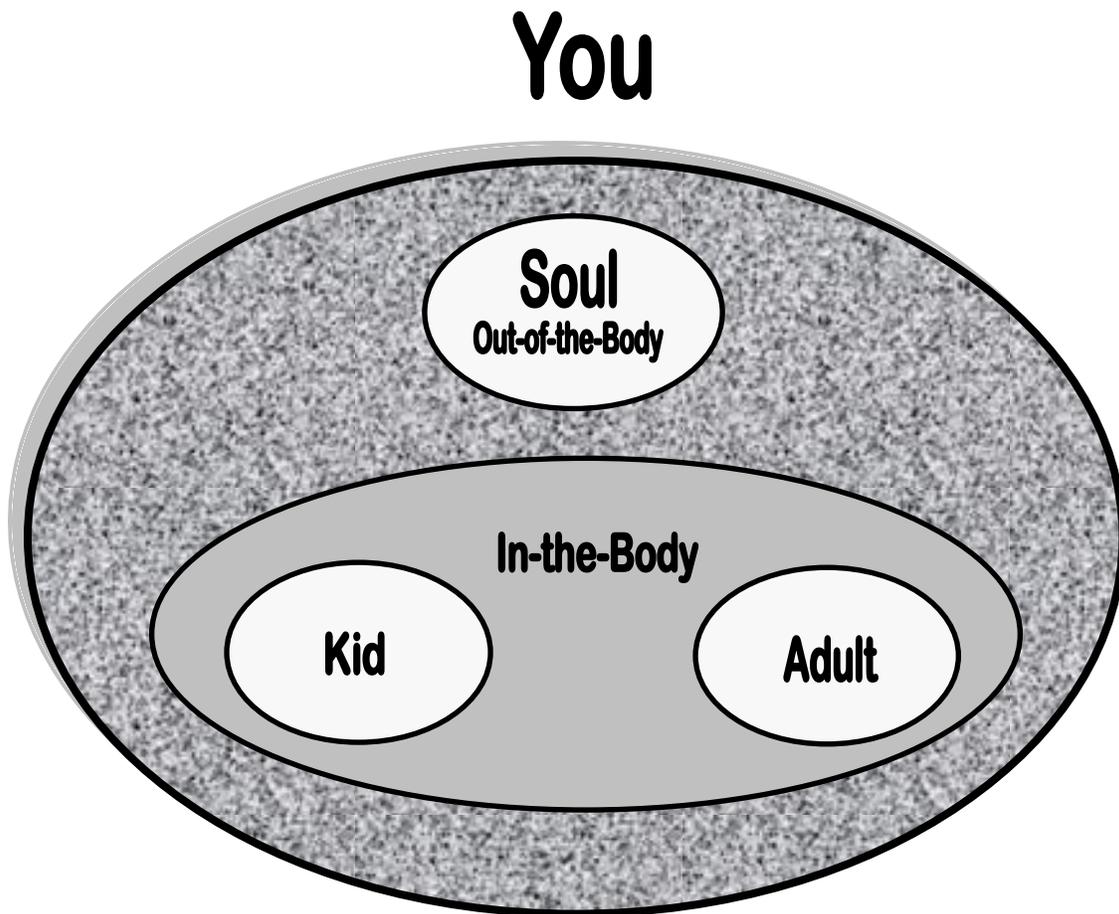
Your **Kid** and your **Adult** are the aspects of you that reside within your body—your in-the-body yous.



For now, please set aside what you have learned about child archetypes. The archetypes of the inner child, the Divine child, the wounded child, the dependent child, the playful child, etc., are all very powerful and useful—but are not what is being referred to here.

Illustration of the Three Yous

Here is a simple illustration representing the **three aspects of “You”**



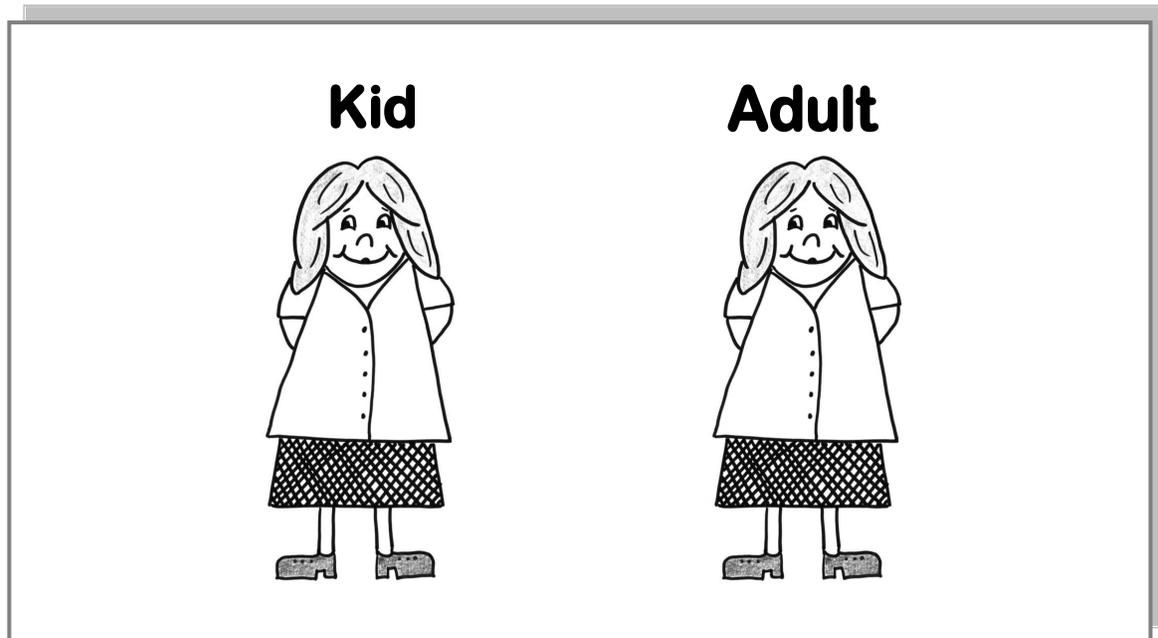
The Kid You

Your Kid’s vision of the world and the universe is limited to what can be perceived through the many-layered veils of limitation and doubt. To your Kid, the world is not a safe place and you need to be constantly on-guard from danger, criticism, betrayal, and pain. To the Kid, trust must be earned, so the concept of living on a “trust fund” isn’t possible.

The Kid is prone to long bouts of processing information, feelings, and fears. She is often addicted to drama and the adrenaline rush that comes from drama. She can get hung up on what she “deserves” and what other people think about her. It takes a lot of energy to continually protect your Kid from the world—energy you could use to create what you really want in your life.

The Kid Masquerades as the Adult

Below is a cartoon representation of the **Kid** and the **Adult**.



You probably noticed right off the bat that both images are identical.

As in-the-body yous, your Kid and Adult appear to be identical because your Kid masterfully masquerades as your Adult.

Your Kid:

- **Is every bit as smart as you are (your Adult).**
- **Learns everything you learn as fast as you learn it.**
- **Knows your language and can articulate as well as you can.**
- **Can create and manifest as well as your Adult can.**

The problem with letting your Kid run your life is that he may not create what you (the Adult) want. He also can get you into things you will spend a lot of time and energy apologizing for and/or trying to get out of.

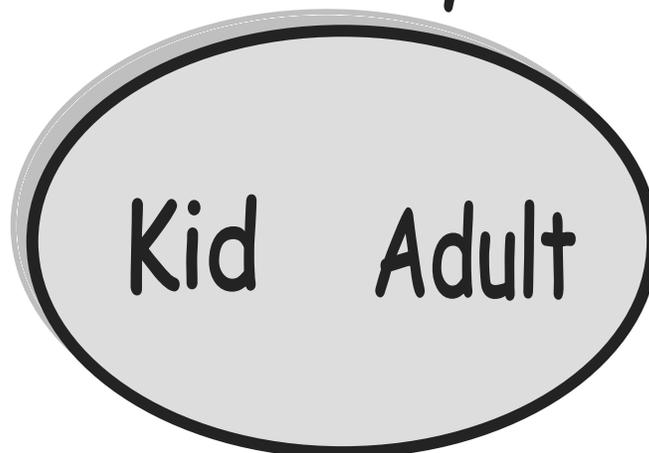
Your Kid and Your Adult Are Always a Part of You

It is tempting to think that we can just kick our Kids to the curb and go about our lives as happy, well-adjusted Adults. I wish it worked that way. There are three aspects of each human being—and the Kid and the Adult are always together in-the-body.

You are probably the most familiar with your Kid, because generally speaking, the world is set up for and run by people whose Kids are running their lives.

Real power, however, is the domain of your Adult.

In-the-Body Yous



The Adult You

Your Adult is the part of you that knows:

- You are safe.
- You are already powerful in the world.
- The Universe is 100 percent for you and never against you.
- You have all the time in the world.
- Everything that happens ultimately happens for you; even though you may not ever know why.
- Your Soul has agreed to everything that happens in your life.
- Being human is a spiritual experience—you are a spiritual being having a spiritual experience.

Benefits of Living Life as Your Adult

Living and running your life as your Adult is vastly different than living in the world as your Kid. To start with, your Adult can access your Soul directly. The veils your Kid must see through do not block your Adult's access to the wisdom and abundance of the Universe.

As an Adult, you can:

- Live without fear.
- Perceive the vast range of options available to you.
- Relax and live in calm and peace.
- Make conscious choices in all aspects of your life.
- Be more productive and efficient.
- Be in control of your own life and the choices you make.

How to Tell Who's Running Your Life?

The Litmus Test

Determining if your Kid or your Adult is in charge at any given moment can be tricky. As I said earlier, the systems we live with today have generally been established by and for people in their Kids. For someone to be right, someone else must be wrong.

There are four areas that make up a litmus test to help discern who is running your life at any time.

Kid/Adult Litmus Test

- Focus
- Conditions
- Language
- Energy

As you become familiar with how these apply to your daily life, you can become adept at knowing when your Kid or your Adult is in charge.

We will discuss how to break the Kid's energy in depth later. To begin, practice noticing when your Kid is in charge. For most of us in today's world, our Kid is in charge most or all the time.

Focus

By now, most of us know that you create what you **focus** on. However, the focus of your Kid and your Adult is very different. While your Kid can manifest just as well as your Adult can; he will most likely manifest a life much different than that which your Adult wants. When this happens, you can spend a great deal of time and effort trying to undo what your Kid has done--or worse, living a life you hate. Because your Adult has direct access to the Universe, he has a clearer perspective and can create from a much wider range of options.

The Kid's Focus

The Kid focuses on:

- **Safety,**
- **Security,**
- **Survival, and**
- **Monitoring the Goodwill of Others**

When we were children, our safety, security, and survival depended on the goodwill of others. We were not equipped to care and provide for ourselves. We needed others to do that for us. If you didn't receive what you needed as a child, you probably became acutely aware of issues involving your safety, security, survival, and the need to monitor the goodwill of others (especially the folks who were supposed to take care of you).

If you continue in adulthood trying to get your needs met using that same criteria (trying to get what you need from someone else), the scope of options available to you as an Adult is limited to what you had when you were a child (when you really did depend on others to stay alive and safe). If you are among the lucky ones who got their needs met as a child, you are ahead of the game. However, as an Adult you still want to shift your focus to the vast array of options available to you today. Your perspective is much different now.

The Kid's focus is narrow and can be very limiting. When your Kid focuses on issues of safety, security, survival, and monitoring goodwill, you lose sight of your personal power and the limitless support you have from the Universe at all times.

Not all our automatic reactions are necessarily bad for us. There may be rare times in your life when your safety, security and survival may be at risk. For instance, if your life is being threatened (someone is holding a gun to your head or you are treading water in the ocean with no sight of land); then you have an immediate need to act. In dangerous situations, you may want to rely on your survival recordings to get you out of a life-threatening jam. However, you don't want to respond to everyday events as if your life depends on it. Running those old recordings is usually exhausting and unproductive.

In every moment, you want to consciously shift your focus, so you can decide whether or not an old recording works for you now. Most of our “survival” recordings do not help us in everyday life and cause us to overreact to common occurrences.

Monitoring Goodwill vs. Monitoring Wellbeing of Others

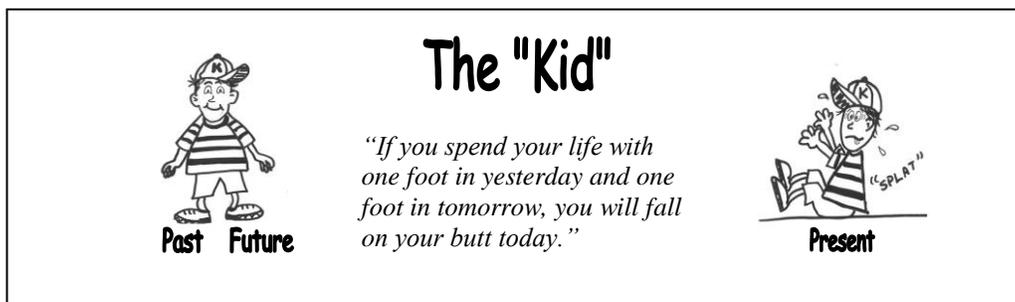
When the Kid is **monitoring the goodwill** of others, she is concerned that someone else is going to treat her well, be supportive, and will not hurt her. That’s important because she believes her own wellbeing is dependent on what someone else thinks of her and how she is perceived by others. Again, this pattern originally developed when we were children and our wellbeing was literally dependent on others. Monitoring the goodwill of others is ALWAYS your Kid mind at work.

This is drastically different than **monitoring the wellbeing** of another person. If you are concerned about the wellbeing of someone else, it can be your Kid or your Adult. The difference is in what you are focused on. For example, if you mom is sick and, in the hospital, it is natural for you to be concerned about her wellbeing. This is a time to gather data about her condition, so you can make an informed decision about how you want to react.

On the other hand, if your husband forgot his lunch at home and you interrupt your schedule to drive 30 miles roundtrip to deliver his sandwich and thermos to his office, you are probably monitoring his wellbeing to the detriment of your own. As a grown adult, there are few circumstances where he can’t figure out how to get lunch. Now, if he is diabetic and working on a construction site without access to food needed to maintain his blood sugar at safe levels, it would be appropriate for you to support his wellbeing by going out of your way to deliver him lunch.

The Kid in the Past and the Future

Your Kid’s primary job is to protect you in the future from the experiences of your past. Your Kid often spends a great deal of your time and energy being stuck in the hurts of your past and projecting those fears into your future. As a result, you recreate the very things you fear because you are focused on them. Additionally, you lose the ability to experience the beauty and power of “now.”



The Adult's Focus

Your Adult is rooted in the deep knowing that you are already powerful in the world and you are SAFE.

The difference in what your Kid focuses on and what your Adult focuses on is as vast as the difference between night and day. The options and choices available to you as an Adult are vastly different than those available to your Kid.

Your Adult knows:

- **You are SAFE.**
- **You are ALREADY powerful in the world.**
- **The Universe is 100 percent for you and zero percent against you, every nanosecond of every day.**
- **You are NEVER alone--the Universe ALWAYS supports you.**
- **You have all the time in the world.**
- **Everything that happens ultimately happens for you.**
- **Your Soul signs off on everything that happens. Even though you may never know the reason why, you can trust your Soul has a reason that supports your highest good.**
- **You are a spiritual being having a spiritual experience. Being human, with all its physical limitations, is a profoundly spiritual experience.**
- **What you need is based on what you want.**

Karen and the Hospital

Karen was 38 years old and mom to her 18-month-old son, Corey. She was preparing him breakfast one morning when she began to feel tightness in her chest. She had been troubled with high blood pressure for several years and her family has a history of heart disease.

I got a call telling me Karen was at the local hospital and scheduled for a heart catheterization. Knowing she didn't have any family in Chicago, I called the hospital to offer support and comfort. There she was, separated from her child for the first time, in a hospital cardiac care unit and not knowing if she had permanent heart damage. She also did not have health insurance. If there was ever a time when her Kid was going to take charge, I figured this would be it. When I called, she said:

"I don't have information yet about my condition. I'm not going to get upset until I know what's going on."

I was impressed. At a time when her physical safety, security, and survival were actually dependent on the goodwill of others (the medical staff and hospital administrators), she was keeping her Kid at bay until she knew more. As it turned out, tests showed her heart was fine. She went home with orders to monitor her blood pressure and health. Before she left, she set up a payment plan with the hospital.

Feeling fine a few days later, Karen and Corey left for a long-planned family reunion. Her flight to Portland was uneventful, as was the 6-hour car trip with her sisters to the shore. The next day, her leg started bothering her. Two of her sisters are nurses who immediately had her admitted to the hospital--this time with a potentially life-threatening deep vein thrombosis—a complication resulting from the heart catheterization performed a few days earlier.

When I reached her by phone in Portland, she told me:

"I'm fine. All I can do now is lie still and let the medication they gave me work. The staff here is wonderful, and I'm being well cared for. The baby is with my sisters and is doing fine. My partner is flying in

tomorrow to be with me. I have a great view out the window and I'm going to get some rest."

Once again, I was blown away. I imagined my Kid would be having a pity party and would be prepared to run a long list of recordings. Things like:

"I'm sick again. I'm separated from my son again."

"I don't have insurance and can't pay for this hospitalization."

"My long-awaited vacation is ruined."

"I've ruined the reunion for my family." Etc. Etc. Etc.

Instead, Karen was focused and in her Adult (at least when I spoke to her). In this case, she had information about her condition and determined she was in good hands. Her job was to rest, get well, and come home when her doctor cleared her to fly again. She even decided to appreciate the lovely view from her hospital window and take advantage of this time to get some rest (a rare opportunity for the mother of a young child).

Now, in both situations, there is a good chance Karen's Kid was masquerading as her adult here—but at least Karen was able to be calm and better able to deal with the situation.

In the end, Karen got home just fine, worked out long-term payment plans with both hospitals, and pays close attention to her health. While her experiences were difficult and alarming, she kept her Kid in check most of the time during this health scare. Because her Adult was on deck, she was able to clearly assess her situation and cope with the stress involved more effectively. While it was a wrestling match at times, going back and forth between Kid and Adult, she knew not to let her Kid run this show.

I'd like to tell you that Karen's Kid never bothered her again. But alas, our Kids are diligent and always looking for ways to stay in control. Since that time, different challenges have come and gone in Karen's life. Each time she comes up against new challenges, she can strengthen her Adult muscles. Over time, her Kid learns how to let go and trust her Adult, ultimately making the process of wrestling her Kid easier and less frequent.

"Time you enjoy wasting, was not wasted."

John Lennon

Conditions

Certain conditions or circumstances will trigger your Kid into taking charge. Be aware of these and realize you are vulnerable when these conditions exist. Then you can be better prepared to manage your Kid.

When You Are Vulnerable

You are primed for your Kid to take control of your life when you are:

- **Sick**
- **Tired**
- **Hungry**
- **Invested in an Outcome**

When any of these conditions exist, your Kid will automatically go on alert and most likely take charge of your decision-making and actions.

Sick

When you are sick, your immune system is weakened and stressed. You can feel overwhelmed or out of control. If the illness is very serious, you may be concerned for your life. You might worry about your livelihood, the time you will miss from work, and what's happening while you are not there. You might be compelled to keep plugging away at work or home, causing even more stress on your weakened immune system.

Your family or friends may also be worried about you or be upset with you for being sick. (Their Kids are invested in you being well too.) If your Kid is in charge, your responses will be filtered through him and will be limited to the options and resources available to your Kid.

Tired

When you are tired, it is hard to see clearly or to focus on what your Adult wants. You may feel compelled to keep pushing. You may plug in automatic responses like:

- I know I'm tired, but this just must get done now.
- I'll catch up on my rest this weekend. Right now, I don't have any other options.
- I should have gotten this done sooner, now I don't have any choice but to keep pushing.
- I wish I had never said YES.
- "So-and-so" should never have asked me to do this in the first place.
- No one else works this hard.
- It's not fair!

Just as when you are sick, your Kid will go into high-alert mode and take charge when you are tired.

Hungry

When you are hungry, your blood sugar (glucose) often drops considerably. Glucose is the brain's primary food. When it drops too low, your brain is the first thing to go offline.

What happens then? The Kid sounds the alarm and automatically moves forward to take charge.

If you are hungry, avoid circumstances where you want your Adult to be in charge. Keep snacks handy (nuts are always a good option). While this sounds like common sense, you would be surprised how many bad decisions are made on empty stomachs (and glucose-starved brains).



Invested in Outcome

If you are invested in the outcome of something, your Kid is in charge. Your Adult lives in a state of trust—trusting that everything that happens ultimately happens for you. Since your Adult knows the Universe is on your side 100% of the time, there is no reason to invest in the outcome of anything. There is a difference between having a preference about what happens and being invested.

That doesn't mean you don't care about what the future holds or that you don't pursue what you want with passion. It means you are willing to trust your Soul and the Universe to have a broader perspective than you can have "in the body" and that your Divine Soul is guiding your life. You can release your attachment to the outcome of something, knowing that your Soul has a purpose for every event in your life and you will be all right.

Let's say you want a specific new job. Your Kid really, really wants it and projects into the future how wonderful it will be—seeing yourself working at that job and feeling great. Your Adult is connected to your Soul and knows if your Soul signs off on it, the job is yours. However, if your Soul knows that you are not ready for that job right now, can see opportunities down the road that are better for you, or knows it won't really be best for your life, you probably won't get that particular job. (This is where Kid management tools discussed later in this book will come in handy.)

The exception to this is when your Soul signs off on something just so you can prove to your Kid that you really didn't want it in the first place. In this case, it is an opportunity to learn that lesson and hopefully let go of that issue if and when it comes up again.

When you are in your Adult, tell the Universe via your Soul what you want, let go of your attachment to the outcome, and let the Universe handle the details. Then, pay attention to what comes your way, so you will be aware of opportunities as they cross your path.

What to Do if You Are Sick, Tired, Hungry, or Invested

If you are sick, tired, hungry, or invested in an outcome, your Kid is primed to take charge (and probably already has). First, be aware that these conditions will trigger your Kid to take control. Then, do whatever is necessary to break the Kid's energy.

If you can't manage to break the Kid's energy, at least try not make any important decisions or agreements you might have to undo later. Your Kid will be surprised by how many things can wait until you are in your Adult to decide or act upon.

The section on "Breaking the Energy" has suggestions for getting the Kid in the back seat.

Break the Energy!

Self-Care

Your Kid will not take you seriously unless you do. If you are SICK, TIRED, or HUNGRY, do whatever is necessary to correct the situation. Rest when you are tired, seek appropriate medical attention, and eat when and what your body requires. When you don't attend to these conditions, you give your Kid permission to carry on and oversee your well-being. Unfortunately, she is not as capable as you are and will not make choices that are as informed and appropriate to the situation as you the Adult.

Your Kid will not take you seriously unless you do.

Remember, if you are not taking care of yourself, your Kid will jump in and take over because she thinks you aren't on top of things. This includes your physical well-being as well as your emotional, mental, and spiritual well-being.

Warm Fuzzies

We all like warm fuzzies—those things and actions that give us comfort, make us feel loved and appreciated, safe and secure. The problem is:

There are not enough warm fuzzies in the world to fill your KID up.

Your Kid's emotional and energetic bucket has a bunch of big holes in it. No matter how much love, attention, and support you pour into that bucket, it will always be empty—leaving you tired, depleted, and unsupported.

This is fertile ground for addiction, depression, despair, co-dependence, and dysfunction of many kinds.

“Happiness is when what you think, what you say, and you do are in harmony.”

~ Mohandas Gandhi

KID

Focus

Safety

Security

Survival

Monitoring
Goodwill of
Others



Conditions

Sick

Tired

Hungry

Invested
in an
Outcome

ADULT

Focus

You are
always safe

You are already
powerful in
the world

The Universe
is 100% for you

Everything that
happens ultimately
happens for you

You are never alone -
you are **ALWAYS**
supported by Universe

You are a Spiritual
being having a
spiritual experience

Your Soul has signed
off on everything that
happens involving you

You have all the
time in the world



Benefits

Live without fear

You can relax
and live in a
state of calm
and peace

You can make
conscious
choices about
how you live

You can be
more productive
and efficient

You can be in
control of
your own life
and the choices
you make

You can preveive
a much wider
range of options
than what is
available to your Kid

Language

The power of **Language** is astounding. Everything you think and say creates. It creates your present and your future. It creates what you want and what you don't want. This power exists whether you use it consciously or while on automatic pilot. Therefore, pay close attention to how your Kid languages thoughts and words so you can discern who's talking--your Kid or your Adult.

Ways Kid and Adult Communicate

While both parts of you create with equal effectiveness, the Kid and Adult focus on very different things. As a result, each aspect of you will create very different outcomes.

Since your Kid is focused on safety, security, survival, and monitoring the goodwill of others, his language is usually charged in ways that reflect those needs. Adult language tends to be specific and neutral. Consciously and consistently using Adult language makes communication clearer and more likely to convey what you want.

How Language is Charged

In general, Kid language is vague or ambiguous and can be highly charged. Our society automatically assigns a certain charge to many of the words and phrases we use. Remember your library of automatic responses. Each time your Kid is triggered, he automatically plugs in a recording containing language (and reflecting feelings) that may not be relevant to your present situation.

Some words hold a charge that is specific to a culture or ethnic background, family of origin, and/or individual life experiences. With that awareness, if that charge does not reflect what you really want to say, choose different language.

**Always remember—your thoughts
and words create your reality.**

Needs and Wants

YOU DO NOT NEED ANYTHING!

I had a really hard time with this when I first learned it. Here are some of our typical needs.

- I **need** food.
- I **need** clothing.
- I **need** shelter.
- I **need** money.
- I **need** a job.
- I **need** a car.
- I **need** health insurance.
- I **need** family.
- I **need** friends.
- I **need** a vacation.
- I **need** my own space.
- I **need** somebody to love me.
- I **need** somebody to “get” me.
- And on, and on, and on . . .

How do we get out of this spiral of **NEED**? We often believe our needs must be met before we can focus on what we **WANT**. We are chasing our own tails.

In a nutshell:

What you NEED is based on what you WANT!

Your Kid NEEDS

Your Adult WANTS

For example:

If You <u>WANT</u> to:	Then You <u>NEED</u> to:
Live	Eat, breath, digest food, sleep, etc.
Keep my body clothed	Have clothes
Buy things	Have money
Drive a car legally	Learn to drive and have a driver's license and insurance
Have educated children	Get my children an education

While this may appear to be simplistic and trivial, discerning the **energetic** differences between **NEEDS** and **WANTS** makes a difference in what you focus on and create.

**Using Adult language is critical to
breaking the Kid's energy
and attracting what your Adult wants.**

**“What I am looking for is not out there,
it is in me.**

~ Helen Keller

The Source

**To your Kid, everything outside
of yourself is your source.**

Job, family, home, geographic location, life-partners, food, alcohol, drugs, play, stuff, etc.—all these things are the Kid's source of safety, security, survival, and goodwill.

Your Kid NEEDS these things to feel safe and secure in the world. Your Kid NEEDS the approval of others to know you are okay and to know you are doing a good job.

On the other hand:

**Your Adult knows your Soul is your source
and your Soul's source is the Universe,
which is unlimited.**

Grounded in the knowledge that what you NEED is based on what you WANT, your Adult can relax in the deep knowing that you are supported by the Universe 100 percent of the time. Then you can review your options and decide what it is you really WANT.

This is more than semantics. Remember:

Language Has Power

Your Kid “NEEDS”

When you say,

"I need _____",

you automatically engage your Kid to fill in that blank with something that will satisfy a perceived need for safety and security. In doing so, you routinely limit your options to those that will satisfy those perceived needs.

Your Kid needs to feel safe, secure, and liked by others. He looks for things outside of himself to feel that way. (*For example: “Nobody at work appreciates me, so I **need** a new job.”*)

Your Adult “WANTS”

Since your Adult has vastly different resources and skills, she knows how to create a different reality. Your Adult can create an environment that doesn't depend on being appreciated by someone else to be happy and fulfilled. In the example above, getting a new job may not fix the Kid's problems—because the Kid would still be going to work.

When you say,

"I want _____",

you take the pressure off your Kid to get something she “needs.” You (the Adult) can relax and access the wider array of options available.

Situations like this would be a good time to gather data about what your options really are. Because your Kid is narrowly focused on safety, security, survival, and monitoring the goodwill of others, the array of options available to your Adult does not even register on your Kid's radar.

Remember:

Your Kid Masquerades as Your Adult

Since your Kid is reading this book at the same time you are, it would be easy for him to simply start using Adult language. However, if you are focused on safety, security, survival, and monitoring goodwill, your Kid is still in charge and is still running your life—and your mouth.

Difference Between Kid and Adult Language

Your Kid Wants a New Car

Say you want a new car and your reasons include something like these:

- It will impress your friends.
- It will get you lots of dates.
- It will go from zero to 120 mph in 6 seconds.
- Used cars are for losers.
- A new car is the only way to have safe, reliable transportation.
- Your “old” car looks like crap.
- Your teenager is embarrassed to be seen in your car.
- You work hard and deserve nice things.
- Your sister got a new car last year.
- A psychic told you a new purchase is in your future and it will make you very happy.
- Your credit card raised your limit, so the Universe must be supporting you to make the down payment.
- Red is your new power color.
- It will make you look **so** good.

How do these reasons sound and feel to you? Sure, some are silly, but many people have signed long-term leases and contracts motivated by far more flimsy excuses. While everything on the list above *might* be true, these are still your Kid’s arguments.

This doesn’t mean a new car isn’t a good idea for you. It certainly is possible both your Kid and your Adult want a new car. Gathering data about all the options available to you and evaluating the pros and cons, will help your Adult decide which path you want to follow.

Your Adult Wants a New Car

If you want a new car and your reasons sound more like these:

- I can afford a new car and I am willing to spend the money.
- I’ve done the research and weighed the options—a new car best meets my requirements at this time.
- The available financing options make purchasing a new car comparable to a used car—with a better warranty.
- My current car is now longer suitable for me, my work, and/or my family.

After you have gathered all the data necessary to make a fully informed decision and weighed the options (including the emotional payoff of just looking so darn good in a new car), go car shopping. As you do, pay close attention to ensure your Kid doesn’t creep in and buy a car that doesn’t work for you.

Who Wants New Shoes

Here's an example of how each aspect of YOU might look at buying new shoes:

Soul	WANTS	what's best for you
Adult	WANTS	something to protect your feet and that is comfortable
Kid	NEEDS	what is in fashion, whether it protects your feet or is comfortable

Your Kid is driven by **needs**. Some women today are having bones surgically removed from their feet, so they can wear fashionably pointed-toed shoes.



*Who is in charge?
Who is buying shoes?
Who is walking on those feet?*

This is not as cut and dried as it may appear. For example, if the woman buying and wearing these shoes is a fashion model and the job she loves and enjoys requires her to wear “fashionably pointed-toed shoes,” her Adult may weigh the options and decide it is worthwhile for her to have this surgery, so she can walk in those shoes safely and without pain.

If she works downtown and everyone else is wearing those shoes, her Kid may decide she must do so also, even though it means expensive and potentially risky surgery.

This is where data-gathering comes in to play. It is also where evaluating the Energy becomes invaluable (outlined in the next section).

Pay attention to when and how your Kid makes automatic decisions without considering what your Adult/Soul wants or even cares about.

How Language Can Engage the Kid or Adult in Other People

If you use Kid language to communicate with others, you automatically invite their Kid to respond to you. One advantage of using Adult language is that you at least have a chance of engaging their Adult in the conversation or exchange.

If you ask: "What do you need?"

You automatically invite the person's Kid to answer you.

If you ask: "What do you want?"

At least you invite their Adult to engage in the conversation.

Their Kid may still show up and tell you what she "needs," but at least you have a chance of having an Adult-to-Adult conversation.

Body Language

Just as verbal language can create and express aspects of your Kid or Adult selves, so does your body language. Pay attention to how your Kid and others expresses using body language. These can include:

KID

- Pouting, arms folded, head down, inattentive
- Behaving aggressively and domineering
- Body is "puffed" up, being a bully
- Displaying bravado
- Projecting anger, depression, fear, insecurity

ADULT

- Calm, self-assured
- Body erect, attentive
- Relaxed, open, receiving
- Self-assured, confident, secure
- Inviting

Examples of Kid and Adult Language

The list below contains examples of some words that generally fall into Kid and Adult categories. This is by no means complete. Language is very subjective. What is charged for one person may be neutral to someone else.

Use these examples as a starting point when developing your own language guidelines. Pay attention to language you use, and the energy associated with it.

KID

- This is really important.
- That is just wrong.
- I deserve it.
- I must do this.
- It's my duty.
- I don't have a choice.
- I really need my friends to understand and like me.
- I'm afraid of what she might say.
- This is not fair.
- I must have it *right now!*
- I'm afraid to call him back.
- I made a commitment to do this, so now I must do it.
- I need you.
- I'm so worried about him.
- If you leave me, I'll just die.
- She would kill me if she knew what I did.
- I want to get even. I deserve revenge.
- He always was her favorite.

ADULT

- I'm looking at my options.
- This feels right for me, for now.
- I'm going to take my time and not rush into anything.
- I'm gathering information, so I can make a clear decision.
- I thought this would work for me, but it doesn't.
- I've changed my mind.
- I'm concerned about my friend.
- I prefer to do it this way, but I'm willing to look at other options.
- I want to go on vacation.
- I want to spend time with you.

Language Scenarios

Here are some examples showing how the Kid and Adult might respond to the same situations.

Event	Kid Response	Adult Response
Your roommate gives you thirty days' notice that he is moving.	"Oh no! How will I ever find someone else? I've got to hurry and find someone, or I won't be able to pay the rent and I'll get kicked out! How could he do this to me?"	"I have 30 days to get a new roommate. I am going to put some notices around town and put an ad in the paper now, so that I have time to find the right person."
You lose your job.	"I have to take the first job that comes along. I don't have any choice, even if I hate the work. Nothing ever works out for me. Why does this kind of thing always happen to me? Why can't I never catch a break?"	"This makes me really uncomfortable. How long will I be okay financially? What options do I have regarding employment that will work for me right now? What alternatives are available to help pay the bills until I find a job that does work for me -- savings, unemployment, personal loans, odd jobs, refinancing, etc.? What does my Soul want me to know right now?"
Your father wants you to take over the family business, but you're not interested.	<p>"I have to do this, or my father will hate me. Why doesn't he know I don't want to take over this business?"</p> <p>The Kid makes up excuses, but never addresses the situation, because she is too afraid of losing favor with her father and other members of the family, her inheritance, etc.</p>	"Dad, I know you want me to do this, but I don't want to. Let's talk about other ways that I could be involved in your life without taking over the business, and other options for passing on this legacy that I know is important to you."
When your ex comes over to pick up the children, he insists on telling you about who he is dating now.	<p>You get triggered, jealous and upset, and ask for details, e.g.:</p> <p>"Who is she? How did you meet? Where do you go? What does she look like?"</p> <p>Then you process this with other friends/family, and keep getting plugged in.</p>	<p>Recognize this is none of your business and tell him you don't want to hear about it. If he continues, ignore every time he brings up dating someone else. Change the subject and talk about what is relevant to both of you (like the children and issues that involve them).</p> <p>When your ex realizes you will not engage in this topic, he will eventually stop trying.</p>

When to be Quiet

Pay attention here—this can save you a lot of time, work, confusion, and frustration.

**If your Kid is in charge, don't talk or act.
If somebody else's Kid is in charge, wait.**

It will make a huge difference in your communications if you wait until you can have an Adult-to-Adult conversation.

If your Kid is in charge, resist any urge you may have to engage someone in a significant conversation until you have broken the Kid's energy and can communicate with him or her as your Adult. If the conversation cannot be postponed, try not to make any decisions and/or commitments you may regret later. Keep the conversation as brief as possible and limited to the salient points.

If you want to have a significant conversation with someone else and you perceive their Kid is in charge before you begin or that the content of your conversation may trigger their Kid into taking charge, postpone the discussion if possible.

In those cases when the discussion absolutely cannot wait, keep it brief and limited to the points that must be dealt with immediately.

If you engage with someone while your Kid or their Kid is in charge, you could end up having to "undo" a lot of things you never really wanted in the first place.

**“Everything you were looking
for was with you all along.”**

~ The Wizard of Oz

Energy

It may take a considerable amount of time, patience, and practice to discern what your energy is like when your Kid or your Adult is in charge. This is a very individual part of the litmus test.

Kid Energy

Kid energy is based in fear.

While your Kid masquerades as your Adult and may use Adult language effectively, he cannot fake the energy of your Adult. On the surface, he may appear to be calm and relaxed—even when his energy is fearful. Masquerading as your Adult, your Kid has immediate access to all the automatic responses in your library—and he’s looking for the survival recordings.

When your Kid is in charge, notice:

- What do you feel?
- How do you behave?
- How do you react to stress?
- What goes on in your body?

Here are a few examples you can use to help sort out your Kid and Adult energies.

Kid Energy	
Fearful	Cranky
Alone/Lonely	Stressed
Depressed	Pressured
Worried	Self-defeated
Vague	Self-doubting
Burdened	Need to be right
Charged	Wants what is “fair”
Impatient	Non-specific anger
Desperate	Attacking
Stubborn/Inflexible	Externally motivated

Carl's Kid Needs to be Right

I once had a friend, Carl, who was very stubbornly trying to get his boss to agree to do something the way he wanted it done. There was a workaround to the issue that did not require his boss to agree with him or that required any action by his boss. Surprisingly to me, this option did not appeal to Carl at all.

When I asked him the old question:

"Do you want to be right or do you want to be happy?"

Carl responded: **"Being right makes me happy!"**

Carl was really invested in being right—so much so that he would not even consider a conflict-free solution. His energy was tight, stubborn, and unwilling to consider any options other than the one he wanted.

In the end, Carl's boss prevailed—he was, after all, the boss! Carl turned out to be neither right nor happy.

Adult Energy

Adult energy is anchored to the deep knowing that you are safe.

Being supported by the Universe at all times, your Adult can be genuinely calm and relaxed—giving you a very real advantage.

Because your Adult has access to the power, wisdom, and abundance of the Universe through your Soul, he can respond to situations with a very different energy and awareness than your Kid can. Examples of Adult energy include:

Adult Energy	
Calm	Peaceful
Specific	Self-empowered
Neutral	Free
Patient	Self-assured
Wants to be happy	Lives in state of trust
Feels supported	Relaxed
Purposeful	Joyful
Hopeful	Internally motivated

Data Gathering

I wish to strongly emphasize how valuable gathering data is—as a Kid management tool, as an Adult-muscle building exercise, and as vital part of your decision-making process.

Gathering information is a very effective way to break your Kid’s energy.

- First, it takes time—which breaks the energy.
- Second, it distracts the Kid—which also breaks the energy.
- Third, the process of gathering data gives your Adult a chance to evaluate your options and decide which ones will work now and which ones you prefer.

When a situation arises that requires a decision or an action on your part, ask:

Do you have enough information to make a decision or take an action as your Adult?

If not, get more information. Make a list of the pros and cons. Ask people who have been there about their experiences. Use this data to help your Adult decide what is right for you at this time.

While gathering data, resist any temptation to accept someone else’s opinion about what you should do until you have run it through your own filters and the Kid/Adult litmus test. Since the Kid is busy monitoring the goodwill of others, she may implement someone else’s idea or advice to gain their goodwill. Be alert to this tendency so you can avoid the pitfall.

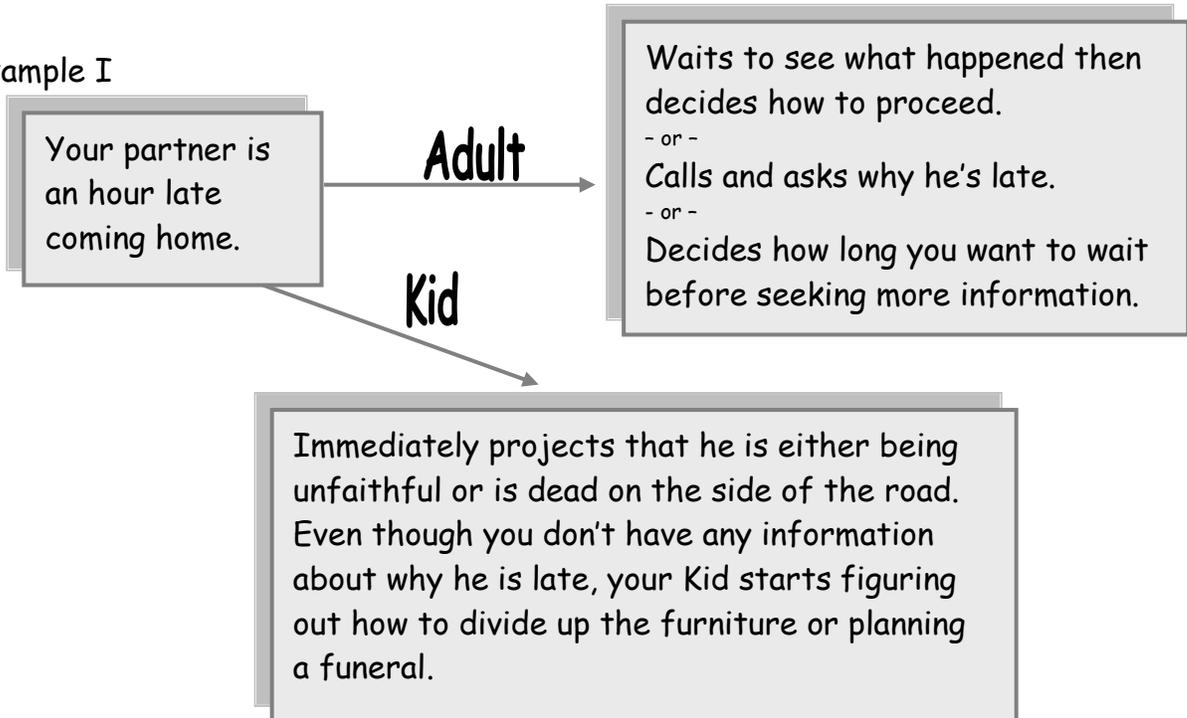
When you gather relevant data, weigh and measure the elements involved, and make an INFORMED Adult decision, be aware of your Kid’s inclination to second-guess you (your Adult). If self-doubt creeps in, go back to the data you gathered and show your Kid again that you made a carefully considered decision and it is the right one for you.

“Speak when you are angry – and you will make the best speech you’ll ever regret.”

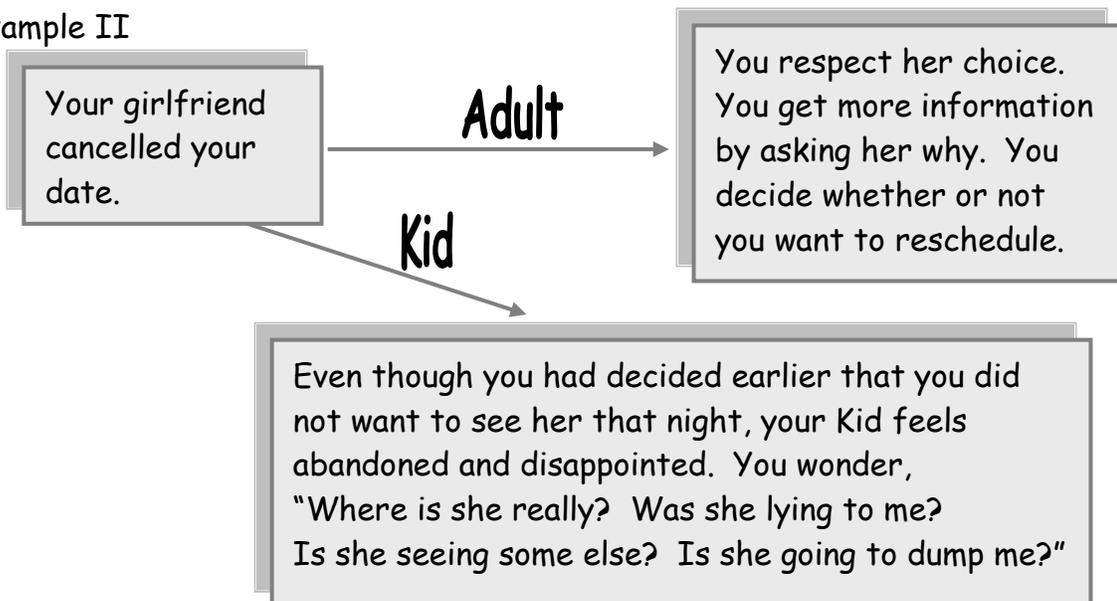
~ Laurence J. Peter

The Kid is prone to jump to conclusions and react to an issue without enough information to be fully informed. Here are some examples of how the Adult and the Kid might react in the same situations:

Example I



Example II



Congruence

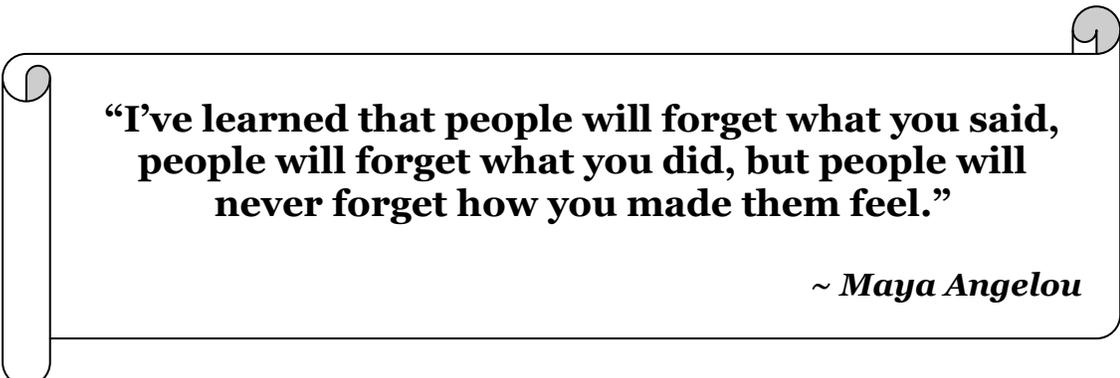
Have you ever noticed times when someone says or does something, and it just does not ring true or feel right?

This is what happens when someone's energy is not congruent with what is being said or done. People respond to what you put out there. If what you are saying is not congruent with your energy, you will confuse people and their Kid will likely respond to you.

For example, if your Kid is masquerading as your Adult and is saying all the "right" things (the language is specific, neutral, etc.) but projecting Kid energy (fearful, vague, confused, etc.), people will pick up on the incongruence. They may think you don't mean what you say. Or worse, they may agree with you when you don't really agree with yourself.

Discern whether it is your Kid or your Adult that is having a conversation or taking a action. If it is your Kid, try not to continue until you can break that energy and decide what it is you (the Adult) want.

People will notice the difference in your energy and so will you.



**“I’ve learned that people will forget what you said,
people will forget what you did, but people will
never forget how you made them feel.”**

~ Maya Angelou

What is the Point?

A handy way to tell if your Kid or your Adult is in charge is to pay attention to what you are doing or saying and ask:

What is the point?

First, can you answer the question? If so, check the language and the energy.

- **Is your answer specific?**
- **Is the language neutral?**
- **Does the answer feel like your Adult or your Kid?**

Often, your Kid will not be able to answer, “What’s the point?” -- or the answer will be vague and contain Kid-charged language.

For example, when asked “What do you want from a job?” your Kid might answer:

“I want to do something that is meaningful and is in the highest good for all. I want the job to provide abundance and good benefits. I want to work for people who “get it” and appreciate me. I want them to be fair and understand that I am a hard worker who deserves to be appreciated...”

Don’t get me wrong, the things listed above are all worthwhile, but they are not specific, and the language is charged and passive.

When you are asking your Soul to use its access to the Universe to create what you want, be clear and precise. The Universe will not take charge for us or automatically read our minds and fill in the blanks. It will only respond to what we ask for. If we are vague in what we articulate (to our Soul or to other humans), then what we get might look more like a potluck. This is when your Kid asks, “Why don’t I ever get what I want?”

Your Adult can be specific and to the point—making it easier and more likely to accomplish what you want.

In the example above, your Adult might answer the question “What do you want from a job?” this way:

“I want a job where I can utilize the engineering skills I learned in school. I would prefer to work in the fields of building or infrastructure design. I want my job to pay at least \$45,000 a year to start, with at least 2 weeks’ vacation, sick leave, and health benefits. I want the position to have the potential for a promotion within the next 2 years. I want to work in an environment that is physically attractive. I want the managers and staff to be cooperative and supportive. I want to have flexible hours and free parking. I want this or better.”

Now you’re talking! Your Soul has something specific and to the point to work with in this statement. The language is specific and neutral.

As a special note, I always make a point of adding the phrase “*I want this or better.*” to the end of any intention statement I make to the Universe. Remembering that my Soul has a broader perspective than I do and is directly connected to the wisdom and abundance of the Universe, I trust my Soul will substitute what I think I want with what my Soul knows I want if I ask it to.

If you are trying to determine if your Kid or your Adult is in charge, always ask yourself:

What is the point?

“When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down ‘happy.’ They told me I didn’t understand the assignment, and I told them they didn’t understand life.”

~ John Lennon

Litmus Test Exercise

The purpose of this exercise is to help you become accustomed to using the “Who’s Running Your Life?” Litmus Test as it applies to your daily life. As issues come up and you are confused about who is in charge, use this exercise to sort it out.

On the next page is a form you can use to apply the Litmus Test. Make extra copies, as you need them. Use the following as a guideline to complete the exercise. Be as specific and detailed as possible.

Event/Activity	<p>What is happening? What are you doing? Who else is involved? Where are you? Has this happened before? Explain.</p>
Focus	<p>What are you focused on? List any or all of the following that apply:</p> <ul style="list-style-type: none"> • Safety, • Security, • Survival, and/or • Monitoring the goodwill of others. <p>List specific examples of what is happening that falls into each focus area.</p>
Conditions	<p>What conditions exist right now? Are you:</p> <ul style="list-style-type: none"> • Sick, • Tired, • Hungry, or • Invested in an outcome? <p>List specifics.</p>
Language	<p>What kind of language are you using and/or responding to? List words or phrases.</p>
Energy	<p>What does your energy feel like? Be specific.</p>
Kid or Adult? Why?	<p>Is your Kid or Adult engaged here? Explain.</p>

Use these questions to help you analyze what you have recorded:

- Can you see any patterns? Are the same issues coming up more than once? Same people, events, or feelings?
- Have you discovered any areas where you want to change what you are doing or how you are doing it?
- Do you still agree with who you thought was in charge when you recorded the event (Kid or Adult)?
If not, why did you change your mind?
- Where could you have recognized you were in your Kid and broken the energy earlier or before a situation escalated?
- What can you do differently to either break the Kid's energy sooner or keep her/him from taking charge in the first place?

**“You get treated in life the way you
teach people to treat you.”**

~ Wayne Dyer

Litmus Test Exercise

Date:

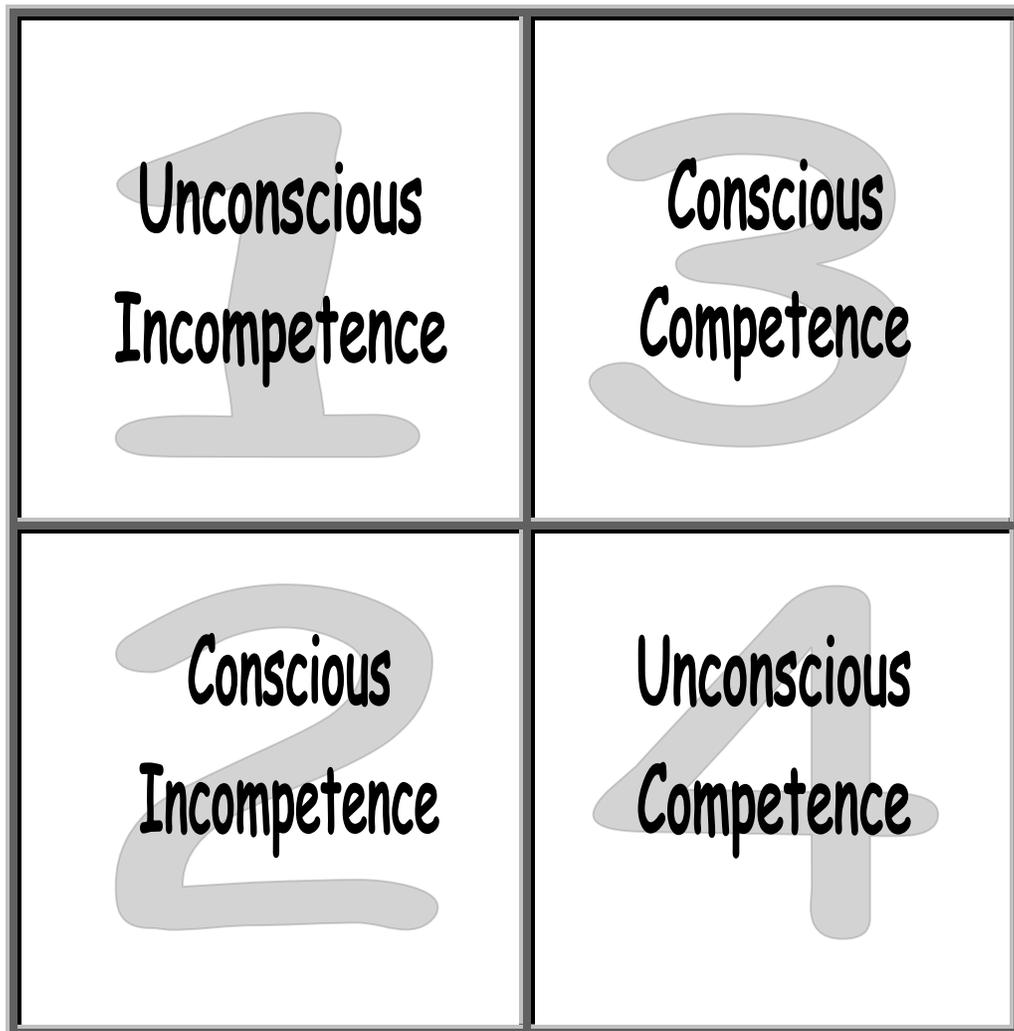
Event/Activity	
Focus <ul style="list-style-type: none">• Safety• Security• Survival• Monitoring Goodwill	
Conditions <ul style="list-style-type: none">• Sick• Tired• Hungry• Invested in Outcome	
Language	
Energy	
Kid or Adult? Why?	

The Kid/Adult Learning Model

You may already be familiar with what is commonly referred to as the “conscious competence learning model.” In short, it is a simple explanation of how we learn. In this model, we traverse through four stages of learning, beginning with unconscious incompetence and ending with unconscious competence.

For this discussion, I am going to move through this model as it relates to the Kid and Adult. *(If you want to learn more about this learning model in general, Google “conscious competence learning model” and you come up with a bounty of information.)*

This is what the model looks like:



Stage 1:**Unconscious Incompetence**

“I don’t know what I don’t know.”

In this stage, you don’t know that your Kid is in charge. You happily (or unhappily) go through your life with your Kid making decisions and charting the course for your life.

When I was at this stage, I spent a lot of time doing things my Kid thought was “very important.” My Kid was very busy taking care of lots of things that didn’t belong on my plate or were not really any of my business. Those old recordings from my library were spinning away and I kept doing the same things with the same results. I was too busy and too tired to notice how I felt about any of this. To complicate matters, I got lots of feedback about being a good and caring person—the lady you could count on. I was seriously overextended, but *“They liked me, they really liked me!”*

How I lived really did not work for me, but I was not conscious of that fact. As I mentioned earlier, I was in bad relationships. I was working too much. I became seriously ill and acutely depressed. While I knew something was not right, I didn’t know what it was; how to stop it; or how to get to a place that did work for me.

I was in the habit of saying “YES” all the time. Usually folks didn’t have to ask for my help, I would volunteer before they had the chance. I found myself doing things I did not realize I did not want to do or things that were not in my best interest. As a result, there was no time in my life to do the things that belonged on my plate and that fed my Soul or my body.

Stage 2:**Conscious Incompetence**

“I know something is not right.”

At this stage, you become aware that something in your life isn't working for you. You may not be sure of what it is, but something feels off about how you are experiencing your life. You may become aware of relationships with family members, friends, or co-workers that don't seem to fit anymore. You may become painfully aware that the way you are living is not really working for you anymore.

At this point, you are consciously becoming aware of when your Kid is in charge and how she perceives things. You are taking your systems off automatic pilot. Here is the opportunity to be aware of what your Kid feels like. Use the litmus test. Practice being aware of when your Kid is in charge and break the energy.

This is usually an uncomfortable space to be in—both emotionally and physically. You may find yourself very cranky, confused, and emotional. Acknowledge what you are feeling. This is a learning curve and you are developing Adult muscles you may not have ever used before. Pay attention to what is not working. Make notes. And hang in there—it will get better.

When I was in this stage, I found myself doing lots of things that I didn't want to do. Even though the automatic recordings were still running, at least I knew something wasn't right. That awareness was necessary before I could break the Kid's energy and do something different.

Your Kid will try to pull the veils over your awareness and go back to Stage 1. The good and bad news is that once you reach this stage, you know there is a Kid running your life and there is no going back to unconscious incompetence. I used to joke that *“Being crazy was easier”* because before this stage I didn't know what I didn't know. (Okay, I really wasn't joking.)

Stage 3:**Conscious Competence**

*“I know what’s not working and if I break the Kid’s energy,
I can make different choices.”*

This is where the hard work really starts. Now you know when your Kid is in charge. You know how and when to break the Kid’s energy. It takes diligence, but you can get your life off automatic and onto manual—consciously making choices about what you are doing and how you live. While this stage is a lot of work, there are also great rewards.

It is in this stage that your life may undertake major changes. Some people will embark on this journey slowly and deliberately--turning over each stone (each event/issue) on their path. They will consider all their options carefully and purposefully adjust their lives in accordance with what they want as their Adult self.

Other people may make these shifts in consciousness quickly and dramatically. These are the folks who may abruptly end relationships, careers, or change other aspects of their lives. Hopefully, their Adult is the one primarily in charge while they are making the decisions related to these shifts. Otherwise, their Kid is masquerading as the Adult and they are really in Stage 1. If this is the case, they will have things to undo later if and when their consciousness shifts back to the Adult.

Then there are the folks who will be somewhere in the middle between slow deliberate changes and quick dramatic ones. There is no right or wrong way to implement what we learn. The point is to be consciously aware of what we are doing and why.

In Stage 3, I made the conscious decision to stop saying YES to everything that came my way. This was one way to take my systems off automatic and onto manual. I continue to review the areas of my life now and asked myself if what I am doing is what I really want.

My Kid thinks that since I am a “spiritual” person, if someone asks me to do something it must be Divinely inspired, and I should automatically follow that path. While it was Divinely inspired, that thinking has gotten me involved in a whole lot of stuff that was a colossal waste of my time and energy. My Soul signed off on me having experiences, so I could learn what really didn’t work for me and to give me the opportunity to build my Adult muscles.

I used to joke that “*I jumped off the edge of the pool and check for water on the way down.*” (Okay, I wasn’t joking about that, either.) Now I make sure I take as much time as necessary to find out what really works for me before I commit.

Just Say No

Pearl decided the best way to break her Kid’s energy around saying yes to too many things was to tell everyone who asked her to do something “NO” for an entire month. For example, if someone called and asked her to lunch, she would say no. Then, she would think about it and if it was something she sincerely wanted to do, she called the person up and told them she had changed her mind.

This was not an exercise in being rude. This was an exercise in breaking the habit of saying YES without taking the time and effort to consider if it was in her best interest or if it was something she wanted to do.

Stage 4:**Unconscious Competence**

*“I’m in my Adult most of the time.
My perspective is much broader, and my options are vast.
My Kid is not constantly wrestling me for control.”*

This is a stage you will most likely move in and out of. Since there will always be two “in-the-body” yous (the Kid and the Adult), most of us will always be discovering new areas where the Kid slips in and take charge (usually when we are sick, tired, hungry, or invested). As issues come up, you may move between Stages 3 and 4 as you continue to strengthen your Adult muscles. Try to relax about this. It does get easier.

I knew I had experienced Stage 4 when I didn’t have to say NO very often anymore. I have changed how I experience my life and how I relate to the world. My energy has also changed dramatically since I was in Stage 1. As a result, people seldom approach me or ask me to do things I am not interested in. If it does happen now, it is easier for me to discern quickly whether or not this is something I want to do and respond accordingly.

Kid Adult Learning Model – Saying Yes to Everyone

Example

Let's take another look at the learning matrix as it relates to the experience of say YES automatically.

<p>1 Unconscious Incompetence</p> <p>Automatically saying YES to nearly everyone about nearly everything.</p>	<p>3 Conscious Competence</p> <p>Stop saying YES automatically--start saying NO.</p>
<p>2 Conscious Incompetence</p> <p>Become aware you are saying YES automatically and it is not what you really want.</p>	<p>4 Unconscious Competence</p> <p>Stop attracting people who ask you do things that don't work for you--eliminating the need to say NO as often.</p>

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."

~ Martin Luther King Jr.

Breaking the Kid's Energy

Why Break the Kid's Energy

Since your Kid has masqueraded as your Adult most of your life, he is on **automatic pilot**. Based on your experiences as a child, your Kid relies on the automatic responses stored in your library to keep you safe and secure. As a result, your Adult muscles have atrophied and require exercise to get stronger.

Every time you break your Kid's energy you gain access to your Adult and you strengthen those Adult muscles. Just like strengthening the muscles in your body, you will become more and more adept at managing your Kid as your Adult muscles get stronger.

**To your Kid, everything outside of yourself is your source.
Your happiness, well-being, joy, pain, disappointment,
despair—all come from outside of you.**



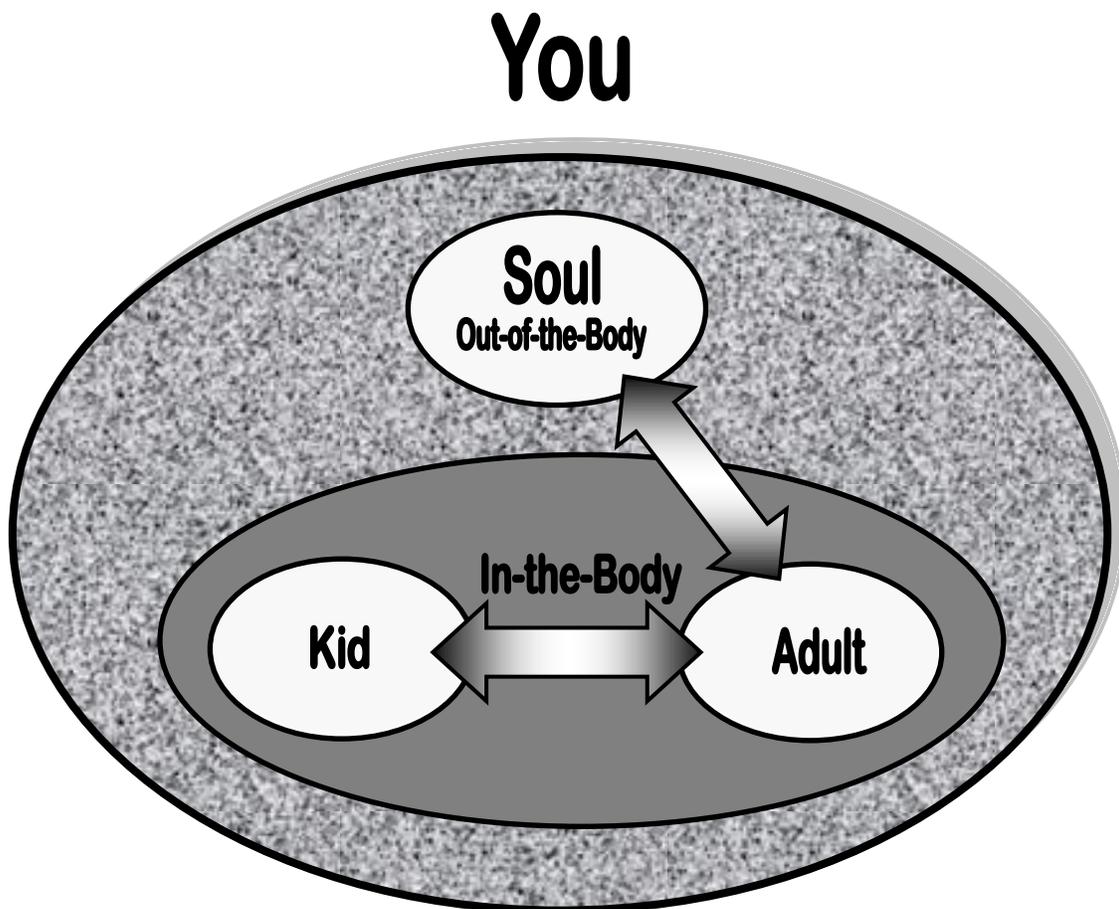
**Your Adult knows your Soul is your source, and
your Soul's source is unlimited.
Your Soul is connected to the unlimited wisdom
and abundance of the Universe—with
all its power and potential.**

How real are you willing to let that be?

Communications Between Kid, Adult, and Soul

- Your Soul and your Adult communicate with each other.
- Your Adult and your Kid communicate with each other.
- Your Kid does not communicate with your Soul.

Here is a graphic illustration of these communication pathways:



Lifting the Veils

Your Kid wears a series of veils that limit her field-of-view. Those veils block your awareness and access to the potential and power available to you from the Universe—through your Soul, to your Adult.

When you become aware that your Kid is in charge and you break the Kid's energy, those veils are lifted—giving your Adult access to your Soul and your Soul's access to the Universe.

When you break the Kid's energy, you have access to your Soul and your Soul has access to the Universe.

Here is the payoff for breaking your Kid's energy!

The Link Between Adult and Soul

Imagine two people are hiking together with two-way radios. They decide to split up—one taking a higher path to have a broader view. The other takes the lower path and they keep in touch via radio.

The hiker on the lower path finds the way challenging, often struggling through difficult terrain. Fallen trees and thick brush obscure the way. He radios the hiker on the higher path who can see what is ahead. That hiker helps to guide him by offering suggestions and giving directions.

This is the nature of your Adult's relationship with your Soul. For instance, your Soul can see that you really want to cross the river now by balancing precariously on river rocks. He suggests that you be patient and keep going because he can see there is a bridge ahead that will make the crossing much easier.

Sometimes, your Soul will sign off on something your Kid wants just to give you the chance to learn that you, your Adult, didn't really want it. (I figure this explains my first two marriages.) In the example above, you can go ahead and cross the river the hard way. Your Soul is patient, knows you have all the time in the world, and will be there when your Adult is ready to communicate.

Your Kid does not have access to your Soul. She has too many veils that block her awareness. The gap between your Kid and your Soul is too great. However, there is a constant open channel between your Adult, your Soul, and the Universe.

The way to connect to your Soul is to break your Kid's energy, allowing the veils that block your vision and awareness to fall away.

Breaking Your Kid's Energy

The key to breaking the Kid's energy is to first recognize when the Kid is running your life.

Once you recognize your Kid is in charge, experiment with options for breaking that energy to discover what works best for you in various circumstances.

Take your systems off automatic and put them on manual.

You want your Adult to be in control manually—making decisions and taking actions on a case-by-case basis. Your Adult can gather data, compare options, and make informed decisions. Your Kid is on automatic pilot, digging around in the library looking for pre-recorded responses. Those responses were created when you were a child. At best, they do not include options available to you today. At worst, those automatic responses are getting you into situations that are harmful—often perpetuating patterns of abuse and neglect.

The fastest, easiest, and always available way to break the Kid's energy:

BREATHE ! ! !

As soon as you realize your Kid is in charge or just hanging around the edges waiting to take over, stop what you are doing and take a deep breath.

**“We are masters of the unsaid words,
but slaves of those we let slip out.”**

~ Winston Churchill

Breathe deeply, slowly, and purposefully. Pay attention to what you are feeling and thinking. Is it Kid or Adult? Run through litmus test.

- **Focus**
- **Conditions**
- **Language**
- **Energy**

If you are in the throes of a full-blown Kid attack, or if your Adult muscles are not strong enough yet to send the Kid packing, try these options (depending on your circumstances).

Options to Break Your Kid's Energy

- **BREATHE.** Take several deep breaths. Tell your Kid to calm down and move aside so you can evaluate what's going on and take appropriate action. Put her in the backseat of your "car" or send her to her "room."
- Stop doing whatever you are a doing—even if for only a moment.
- Take flower essences (ETS+ or Bach Flower's Rescue Remedy)
- Move—walk, run, dance, exercise.
- Vocalize—yell, sing, laugh, cry.
- Leave the room, go to the bathroom, or physically change your position.
- Use spontaneous writing and/or drawing.
- Meditate, pray, or connect with your source in any way that works best for you.
- If you are on the phone, hang up.
- Eat something if you are hungry.
- Drink something—get some water, make tea or coffee. Focus on the process.
- Rest or take a nap if you are tired.
- Take a hiatus.

The Hiatus

This is a very powerful tool to break Kid energy. Basically, you stop doing whatever you were doing. Give yourself a break--a timeout. It takes a while for a fast-moving bus to come to a stop. If your Kid has been driving that bus all your life, you will want some breathing room. Here are some examples of how to use the hiatus option:

Issue	Hiatus Option
How can you stop dating the same kinds of people?	<ul style="list-style-type: none"> • Stop dating. Your Kid has proven she is not good at selecting partners. • Give yourself some time to recognize when and how your Kid is picking your relationships. • Do whatever it takes to strengthen your Adult muscles. • Don't start dating again until you know you are in your Adult.
How can you get your parents to stop trying to control your life?	<ul style="list-style-type: none"> • Take a break from contact with your parents for a period (no phone calls, visits, e-mails, etc.). • Tell them you are going to take a break for a specific period (i.e., 1 week, 1 month, 6 months). • Tell them you are going to use that time to sort some things out and that you will connect with them at the end of that time. No not let your Kid process feelings and hurts—you are not ready to do that yet. • Become consciously aware of your Kid's arguments for why a hiatus from your parents is not possible. ("They are my parents. It will just kill them. They will think I don't love them anymore. They are only trying to do what's best for me. I don't want to hurt them. It's not all that bad. They will cut me out of their wills." Etc.) • Tell your Kid you can manage exceptions to this hiatus on a case-by-case basis (as in the event of an emergency). If such situations arise, use your Adult muscles to evaluate the situation to determine if it is a true emergency or something that can be handled without you. Your Kid will be looking for excuses to re-connect. Your parents' Kids may do the same thing. • While on hiatus, relax and figure out what you want for yourself. Give your Kid time to grow up. • After the hiatus period, evaluate whether your Adult is ready to re-engage your parents.

Issue	Hiatus Option
How can you stop arguing with your spouse?	<ul style="list-style-type: none"> • Stop arguing. • If you cannot communicate from your Adult, don't talk. • If your spouse is in her/his Kid, don't talk. • Unless the house is on fire or an equivalent emergency comes up, there is very little you absolutely must say while your Kid is in charge. If you do, this is where you may say and/or do things you regret and will have to expend even more energy to correct. • Become aware of what the core issues are. Arguments are rarely about the issues at the surface that are being disputed. • Ask for help and guidance from your Soul to identify the core issues. • As you increase your awareness, look for an opportunity to discuss the authentic issues when you are both in your Adult. Use Adult language and express Adult feelings that are relevant to the issue at hand. Be specific. • Put both of you on the same side of the problem, not facing off against each other (both energetically and physically, if possible).
What do you do when you want your children to calm down after having a temper tantrum?	<ul style="list-style-type: none"> • Give them a timeout (a hiatus). • Give them a snack, a blanket, or whatever will help them settle down and be comforted. • Find out what they want and then decide how you want to proceed. • Treat your Kid the same way. These same techniques work for him/her.

“In my defenseless my safety lies.”

~ The Course in Miracles

Resources to Help Break the Kid's Energy

Below are just a few resources you can check into and possibly add to your personal "Energy Breaking Tool Kit." There are extra spaces at the bottom to record some others that you find.

Techniques	Resources
Music	Shaina Noll; www.shainanoll.com
Flower Essences	Machaelle Small Wright, Perelandra Center for Nature Research; www.perelandra-ltd.com Especially ETS+ (Emergency Trauma Solution) Bach Flower Remedies; www.bachflower.com Especially Rescue Remedy
Emotional Freedom Techniques (EFT)	www.emofree.com
Tapas Acupressure Technique (TAT)	www.tatlife.cm
Neuro Linguistic Programming (NLP)	www.nlp.com
Brainworks Recovery with Dr. Suka	http://www.brainworksrecovery.com
Medical Assistance Program (MAP) Perelandra Center for Nature Research	http://www.perelandra-ltd.com/MAP-Medical-Assistance-Program-C763.aspx

Do Not Let Your Kid “Process”

Kids LOVE to “Process”

The Kid loves to talk about what is wrong in her life. She loves to discuss what is wrong with friends, family, co-workers, neighbors, the lady at the grocery checkout, and just about anyone else who will listen. She can get caught in a spin-cycle of pain, blame, and fault for years.

Often, the Kid is also looking for confirmation of what she is feeling. She is looking for opinions from others about what to do and how to live (i.e., monitoring the goodwill of others). After taking a survey of what other people think she should do, she will often make decisions affecting her life based on what they think or what would make them happy, without taking responsibility for figuring out what she wants herself.

This is an area where you can use the litmus test again to discern:

**Is your Kid processing?
or
Is your Adult gathering data?**

If it is your Kid:

KNOCK IT OFF !

It is not necessary to know why your Kid is in charge or why she is obsessed with processing, just:

BREAK THE ENERGY !

Once your Adult is in charge, you can figure out what is going on and what you want to do.

It is your Adult who has access to your Soul and all the power and abundance available from the Universe. Don't let your Kid distract you by processing with anyone and everyone who will listen.

Create a Safe Place for Your Kid

Having a place where your Kid can go when you want her to stop running your life is very useful in breaking the Kid's energy and giving you some breathing room.

Using meditation and visualization techniques, tell your Kid you want to create a safe and loving place where she can go when she is afraid. This gives you space to take care of things without her interference. Ask her what she "needs" to be safe. Ask her to be specific.

Since your sub-conscious does not know the difference between reality and fantasy, you can give her ANYTHING she wants. For example, your Kid's "room" could be in a castle on a remote island, surrounded by sharks. She could have an army to protect her, complete with tanks and ballistic missiles. She could have a spaceship that would take her away whenever she wanted to leave and deliver her anywhere instantly. She could have a thousand guardian angels who greet her and her much loved grandmother every morning with hot chocolate and pizza.

You get the point. Let your Kid tell you what she needs and give it to her in this space you create together. It can be as mundane or as fantastic as she wants. Resist the urge to edit her—this is her space.

Then, when your Kid is all up in your business and you want her to move aside so you can focus, tell her to "go to her room."

When Your Kid Has Just Cause

If you are still having trouble breaking the Kid's energy, explore whether or not there is a valid reason for concern.

If you blow the Kid off and his concern is valid, he will know you do not have a handle on the issue and will not back off. After all, the Kid takes the job of keeping you safe very sincerely. As discussed earlier, your Kid will not take you seriously unless you do.

If you determine that there is some validity to your Kid's concerns, acknowledge his fear and let him know specifically how you (the Adult) can and will take care of things. Once the Kid knows you are consciously aware of the "danger" and you can handle it, he will relinquish control and your Adult can take charge.

The issue your Kid gets hung up on may or may not be a real threat to you. Either way, sorting it out and "hearing" your Kid's concerns is a great tool to help the Kid to let go. Sometimes, he just wants to be heard.

Running Your Own Life

Who's Driving?

Imagine your Kid is driving your car. He can barely see over the steering wheel and may not know where he wants to go. He is doing the best he can but is just not able to do it very well.

That is what it is like when your Kid runs your life. The Kid's perspective is very limited. It is often cumbersome and a struggle to keep control.

Imagine how different your life could be when your Adult runs your life; when you know you are safe and the Universe is supporting you every nanosecond of every day.

Put your Kid in the backseat; give him a Happy Meal and a blanket--just **don't let him run your life!**



Worry

In general, worrying about anything is a colossal waste of time and energy—for you and what or whom you are worrying about. Your Kid may get into the whole worrying thing because that's all she can do about a situation and she actually believes that worrying helps—at least she's thinking about it.

Worrying creates packets of negative energy that get deposited all over the place. Your Kid's worrisome thoughts add negative energy to the very thing she wants to improve.

In lieu of worrying, tell your Kid to let it go and trust that the Universe is on top of whatever it is and can handle the details. Then, envision what you WANT to see happen. This way, you are adding positive energy to the situation and those positive packets of energy help to create and support what you want.

Worrying About the Future

If there is something that is "important" for you to know about the future, your Soul will make sure you know it.

Worrying about what's going to happen in the future also is a waste of time. Worrying about the future is your Kid's job. She is projecting the pain of her past onto your future. Tell her to go to her room and let you take care of things.

Worrying About Someone Else

In the same vein, worrying about someone else disrespects their Soul's choices for them. Being concerned for someone is different than worrying about him or her.

**The Kid Worries
The Adult "Might Be" Concerned**

This is more than semantics. If you are concerned about someone, you can offer help. You can make suggestions. Your Adult will not be invested in what someone else does with your offer of assistance or your advice.

Sometimes it is hard to let people (especially the ones we care about) make what we think are mistakes. If you respect them and their Soul's choices for them, you can cope with the consequences of their decisions and actions.

For you, those consequences might include coping with your own disappointment and/or pain. The consequences for them are their business. This is an area where you can strengthen your Adult muscles; learning where the line is between co-dependence and interdependence.

"Worrying is using your imagination to create something you don't want."

~ Abraham-Hicks

Codependence

Codependent relationships are usually between two or more people whose Kids are in charge of most the time. We see lots of codependent behaviors in the world today, on so many levels.

About 20 years ago I read Melody Beattie's book, *Codependent No More*.¹ It was a hard read for me then because it was so on-point to how I lived my life. I saw myself on nearly every page. To paraphrase Ms. Beattie:

**The fastest way to make yourself crazy
is to mind someone else's business.**

My Kid had a fierce hold on me and ran my life as a very serious, well-meaning "do-gooder." My Kid was masterful at being codependent.

When I moved to Santa Fe in 1998 and met with my spiritual guides, "The Guys," for the first time they told me:

"You need to get over the idea that anyone on this planet needs you. Every human being is the Divine incarnate walking the earth and none of them need you. Some people may want what you have to offer, and you get to decide whether or not you want to give it to them." ²

I felt like someone literally moved a large, heavy boulder off my lap. If I were not here to help other people, what on earth would I do?

At the same time my Kid felt a loss of purpose, my Adult felt great relief and boundless possibilities. I had just moved from Baltimore, MD, leaving behind my job of 25 years. I wasn't sure what I wanted to do with my life at that point. It took several years to wrestle my Kid out of the driver's seat of my life so I could live as my Adult and eventually come to understand how I wanted to live the next chapter of my life. If I had allowed my Kid to make the choices for me, I would be living an entirely different life now, and doubt I would be as happy and fulfilled.

¹ Melody Beatty, *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*; New York, NY; Hazelden Foundation/Harper & row, Publishers, Inc., 1987

² "The Guys" are channeled by Ava Brenner in Santa Fe, NM

Interdependence

Interdependent relationships involve individuals who are whole and complete and come together when it makes sense to do so to their Adults. Interdependent relationships can be very close and connected; however, the individuals involved do not depend on each other to be “complete.” Two halves of two individuals do not make a whole individual. Two halves make two halves.

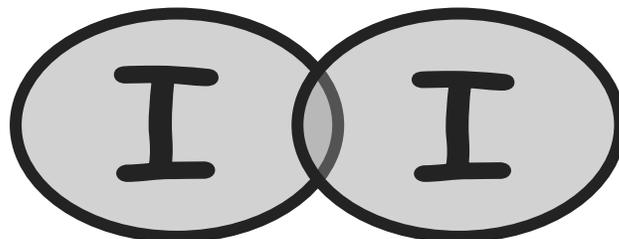
When I first met my husband (also in 1998), my Kid was totally in charge of my life. Fortunately, I had started working with The Guys and learning about Kid and Adult before I met him. I used to speak about “us” and “we” when referring to my husband and myself. The Guys were quick to remind me that there was no “we.” There was him and me.



This was one of my first lessons in how language is charged and how automatically my Kid used it. The Guys were adamant that I separate “us” linguistically and energetically. My use of “we” in this case was a slippery slope for my Kid because she lives in the past and the future—not today.

When we first met, I didn’t know whether or not Curt was going to be a good life partner for me, but my Kid was quick to project a rosy future for the two of us together. That picture obscured my ability to gather data about him, how we related to each other, and whether or not I wanted to be in a long-term relationship with him.

The Guys taught me the value of being independent in our relationship with each other. As two independent individuals, we were each whole (and more likely to be in our Adults). Then, we could come together and be interdependent when it made sense.



Flag on the Field

Until your Adult muscles are strong enough to get your Kid in the backseat, here is a handy tool to help keep your Kid from getting involved in something your Adult may have to get you out of.

If you think something is a good idea, STOP, "throw a flag on the field," and ask:

"Whose idea is this -- my Kid's or my Adult's?"

Use the litmus test (Focus, Conditions, Language, and Energy) to discern who is in charge. If your Kid is in charge--stop right, there and break the energy. After that, your Adult can decide whether the idea will work for you.

Who Goes to Work?

In today's workplaces, it is especially easy for your Kid to take charge. After all, most workplaces are still based on a rigid set of hierarchal rules. The Kid's job is to keep you safe and to make sure you adhere to the rules (or at least not get caught or hurt if you don't).

Did you ever go back to your elementary school once you were grown? Didn't everything look different? The halls were shorter and not as high. The desks seemed tiny. Even the cafeteria and playgrounds were different. That is because your perspective changed. You are an Adult now and can see the school from your Adult body and through Adult eyes.

The same kinds of dynamics play out in our workplaces today. Imagine how difficult it is for your Kid to go to work every day. Your boss may seem scary. Your deadlines may cause a sense of panic or dread. The prospect of a performance evaluation can immediately plug in your Kid's "Report Card" recording.

“The way you start your day is the way you're going to live your day. The way you live your day is the way you're going to live your life.”

~ Louise Hay

Your Adult, however, has a very different skill set to navigate those same circumstances. First, your Adult can respond from a deep sense of inner peace and can separate the experiences of your past from today and focus on the task at hand.

If your Kid is working double-time to run your life while you are at work, break the energy. Your Kid is blocking your innate wisdom and creativity—and making things much harder for you than they need to be. Your Adult can put things into perspective, break them into manageable steps, and get things done with relative ease. Make life easier for yourself and let your Adult give it a try.

The Kid's Veils

Let's say you have practiced strengthening your Adult muscles and have gotten pretty good at discerning when your Kid is in charge. Then, something happens, and you are racked with fear and confusion. You know better, so why is this happening now?

When you come up on an issue or event that triggers your Kid, he puts a veil over your Adult eyes--your consciousness. You may feel confused and frightened, even though you might remember of all the things your Adult knows about being safe and powerful in the world, it's impossible for your Kid to loosen his grip.



The result is that you cannot access what you already know. The Kid starts playing your old recordings automatically—responding to the world based on fear.

The first thing to do when you recognize your Kid is in charge is to:

BREAK THE ENERGY

Get up, move around, breathe deeply--do what works for you until you can get your Adult back in the driver's seat.

George's New Car

George had kept his old jalopy on the road well past its prime. While the car still looked okay, it had become unreliable transportation and he was tired of the constant break downs and repairs. Because of this he was late for work three times in the past month, and his boss warned him if it happened again he would have to let George go.

George and his wife Cheryl had three kids. Their oldest son was in college and the twin girls were about to start high school. Money was always tight, but George was especially worried about how he was going to afford it when the girls went off to college. While Cheryl's nursing job was secure, she didn't make enough for them to live on.

George knew he had to get a new car. He needed something reliable and safe, especially since his daughters would start driving next year. He hadn't bought a new car in a long time, and his wife was still driving that one. Feeling pressured because he couldn't afford to be late one more time, he stopped at one of the several car dealerships he usually passed on his way home from work just to look around.

Walking through the shiny doors was almost intoxicating. Those new-car smells mixed with fresh-brewed coffee made him want to just sit there a moment and take in all the polished goodness spread out in front of him. Before he took ten steps, a relaxed-looking young man approached. The sleeves on his button-down shirt were rolled up, his tie loosened, and the top of his crisp white shirt was open. He welcomed George and handed him a business card. His name was Richard F. Johnston, but his friends call him Rick.

Rick expertly guided George over to the line of gleaming vehicles at the front of the dealership while asking "What kind of car can I get you in today?" George told him he wasn't exactly sure, but he needed something reliable and that didn't cost too much money.

Rick smiled and nodded knowingly, at the same time opening the driver's door to the nearest car. Without really thinking about it, George got in and grasped the wheel. Leather seats, moon roof, all the bells and whistles. He paused and took a moment to breathe it in. Oh, it felt (and smelled) so good.

Then reality sunk in and George knew what was going on. He shook his head and got out—reminding himself and Rick that he can't afford a car like this. He just needed something reliable. Without blinking, Rick put his arm around George's shoulder and said "You'd be surprised what you can afford these days, my friend. Let's look around before we check out the numbers."

They walked around showroom and the lot outside. Rick stressed that the sticker price was just a starting point and repeated "I'm gonna take care of you friend."

George kicked a few tires and test drove two cars. One was a slightly less expensive model of the first car George sat it—without the leather seats and moon roof—but it was still brand new and very nice. The second car he test drove was a trade in someone had left earlier that day. The dealership hadn't had time to detail it yet, but Rick assured him they could clean it up real nice. George hoped so because it still smelled of stale cigarettes and old french fries. While test driving both cars, the men chatted about families, work, and hobbies.

It was close to 7:00 p.m. now. George was tired and hadn't eaten since he grabbed a hotdog for lunch. He called Cheryl and told her where he was and would be home soon. Cheryl was surprised because they hadn't talked about buying a car. She suggested he come home and they would discuss it over dinner.

When George hung up the phone, Rick motioned him back to a small conference room where some papers were lying on the table. As soon as he entered, Rick closed the door and began talking. He explained to George how he could really relate to his predicament. A man who works as hard as George deserves reliable transportation. He needs something his little girls will be safe in when they start to drive. Kids grow up so fast. Rick explained that while George was on the phone, he had talked to his manager to see what they could work out.

The manager said if George was serious, he would consider letting George lease the new car. This was a special the main office ran last week, but they said he could extend the offer to George if he took the car tonight—and they would give him a break on the down payment. Rick would even throw in \$800 for the old jalopy.

George remembered how nice that car felt. He didn't know much about how leases worked, but Rick told him what was in the six-page contract. It was a 5-year lease and the monthly payments would be less than if he purchased and financed the car.

George said it sounded good, but he wanted to talk to his wife about it before he signed anything. Rick said he understood and asked "What do I have to do to get you in this car tonight?" He reminded George that the main office wouldn't let him make this deal tomorrow. It was getting late. Rick said the dealership was technically closed by that time of the evening, but he would stay as long as it took to make this happen.

George tried to think. It did seem like a good deal. It would solve his problem of being late to work because the car broke down. It would be safe for the girls when they started driving. It felt like a good thing.

George looked at Rick and said "Okay, let's do this." Rick smiled and began showing George where to sign. Forty-five minutes later, George drove off the lot in his shiny new car. The kids would be so excited.

What Happened to George?

George just stopped by to check things out and he drove away with a 5-year lease on a new car. Let's take a look at George's experience through the filters of the Kid/Adult Litmus Test.

FOCUS—Safety, Security, Survival, Monitoring Goodwill of Others

- Before he stepped in the dealership, George was feeling a great deal of pressure.
- His boss had threatened him with dismissal if he was late again.
- His wife didn't make enough for his family to live on if he lost his job.
- He was worried about how he would pay for his daughters' college educations.

CONDITIONS—Sick, Tired, Hungry, or Invested in an Outcome

- George stopped by the dealership on his way home.
- He was already tired from a full day of work and was still processing the possibility of losing his job if he was late again.
- He was hungry; having only grabbed a hot dog earlier; it was now after 7:00 pm.
- George was invested in getting a new car as soon as possible.
- His Kid was rooting through his automatic recordings for responses to feeling threatened and unsafe.
- George accepted Rick's argument that this decision had to be made tonight or he would lose the deal.

LANGUAGE

- George started his conversation with Rick by telling him he needed a new car.
- Rick used language that supported George's Kid in believing he needed a new car.
- Rick began by "befriending" George. He said his friends call him Rick. He referred to George as his friend.
- Rick's body language was equally powerful. He guided George over to the expensive car in the showroom. It was new and polished. George's Kid would automatically compare any other cars he looked at to this one.
- George felt validated when Rick said a man who works as hard as he does **deserves** reliable transportation. After all, his wife Cheryl got the last new car.

ENERGY

- George had been under pressure for a long time. This was creating a need for his Kid to seek security anyway possible.
- He felt he needed to act immediately and that allowed Rick to exploit George's Kid into deciding before considering all of his options or discussing it with his wife.
- As he left the dealership in the new car, he mitigated his concern about not consulting his wife before making a commitment with how excited his children would be.

What George Did Not Consider

Because George's Kid was so caught up in this event, his Adult never weighed in. He did not gather data about all the options available. He did not take a break to let the whole thing sink in. He didn't even educate himself about the pros and cons of leasing vs. purchasing a new car.

As a result, George left the dealership with a 5-year lease without realizing that at the end of that time he would either have to return the car (which had specific requirements like limited mileage and physical condition); or purchase the car (at a price that would be more than if he had financed it to begin with).

Those conditions might have still made sense for him because it offered a lower down payment and lower monthly payments. But how would he know?

George could have:

- Waited until he was fresh and not feeling pressured before visiting any car dealership.
- Made sure his brain was on-line and he was not physically hungry.
- Gathered data about lease and purchase options.
- Gathered data about used car options.
- Looked at other possibilities for transportation until he could make an informed decision (carpooling, public transportation, car rental)
- Taken his time—allowing time for his wife to weigh in on the decision and the options available. She would have a different perspective and may have offered solutions George had not considered. (For example, she may have been able to carpool to work and George could use her car until they decided what they wanted to do.)
- Had a new mechanic look at his current car to see how much it would cost to make it reliable again.

George could have said “Thank you” and left the dealership in his old jalopy—recognizing his Kid was all over this and that he might regret this decision later.

It's also worth noting that Rick is not a bad guy in this scenario. He was selling a car the way he was trained and how his employer approves of. It was George's responsibility to manage his own Kid and make informed decisions as his Adult.

Note: This is a true story. “George” is a friend of mine, and he did later regret his decision. However, it was too late and ended up costing him several thousands of dollars to buy the car at the end of the 5-year lease. He did not read the contract until near the end of the 5 years. That's when he discovered there were mileage and condition requirements he had exceeded (his girls did indeed enjoy driving the car and had put many more miles on it than was allowed by the lease). While he learned a hard lesson, much of the grief he dealt with as a result of this situation could have been avoided if he had not let his Kid make this decision.

Simple, Not Easy

Sorting out who is running your life at any given moment is **SIMPLE**. Use the litmus test to check:

- **Focus**
- **Conditions**
- **Language**
- **Energy**

This is **NOT EASY**. Your Kid has most likely been running the show for most of your life. After all, our world actively supports the belief that we are not safe and need to be ever vigilant against unseen danger.

No wonder so many of us are tired, worried, and overwhelmed with our lives.

Getting Feedback

One thing I have found helpful in managing my Kid is to have other people in my life who understand this paradigm and I can ask:

"Is this my Kid or my Adult?"

Often the process of forming the issue into words I can express to someone else is enough for me to get clear on issues about safety, security, and survival. If I am invested in an outcome, someone else might be able to see when the Kid is engaged when I can't.

"The true sign of intelligence is not knowledge but imagination."

~ Albert Einstein

Be Gentle

It can take some time and serious effort to get your Adult fully in the driver's seat of your life. Be gentle with yourself and others; and be patient.

There are always two "in-the-body" yous—Kid and Adult. Your Kid is skilled at masquerading as the Adult and read this handbook the same time you did.

Be aware of your Kid's potential to use this information as a big stick to beat you and other people in your life over the head with. If that happens, do whatever is necessary to break the Kid's energy.

You have all the time in the world.

Take time to absorb the parts of this information that make sense to you and decide how it might work best in **YOUR** life.

Using this Program with Various Practices and Traditions

Many of us have studied extensively and learned lots of effective ways to live and enhance our lives. This program need not conflict with them.

There are wonderful and empowering spiritual traditions and practices of all kinds. Individuals following many, many different spiritual paths have found this paradigm useful in navigating their experiences while embodying the two "in-the-body" yous (Kid and Adult).

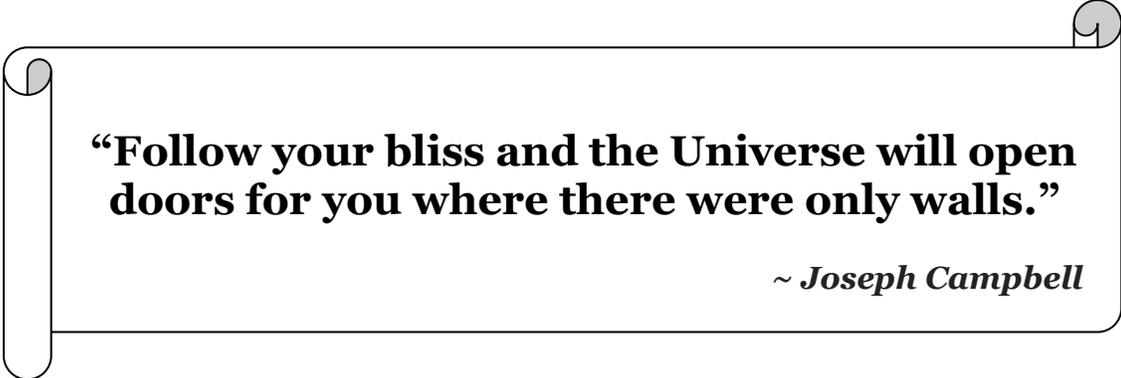
The Choice Is Yours

Living as your Adult can greatly enhance your life and help you explore the incredibly vast array of options available as you experience your life. Try it and see how powerful this can be for you.

The Kid is not "bad" and the Adult is not "good." Each is simply a different aspect of you living in the same body. Your Adult holds the key to accessing the wisdom and abundance of the Universe through a direct and permanent connection to your Soul.

To find out what works best **FOR YOU, FOR NOW** start by asking:

"Who's running your life?"



“Follow your bliss and the Universe will open doors for you where there were only walls.”

~ Joseph Campbell

Life Is But a Game

The following pages are excerpted from the book
“Who’s Running Your Life?”
(in development)

Life Is But a Game

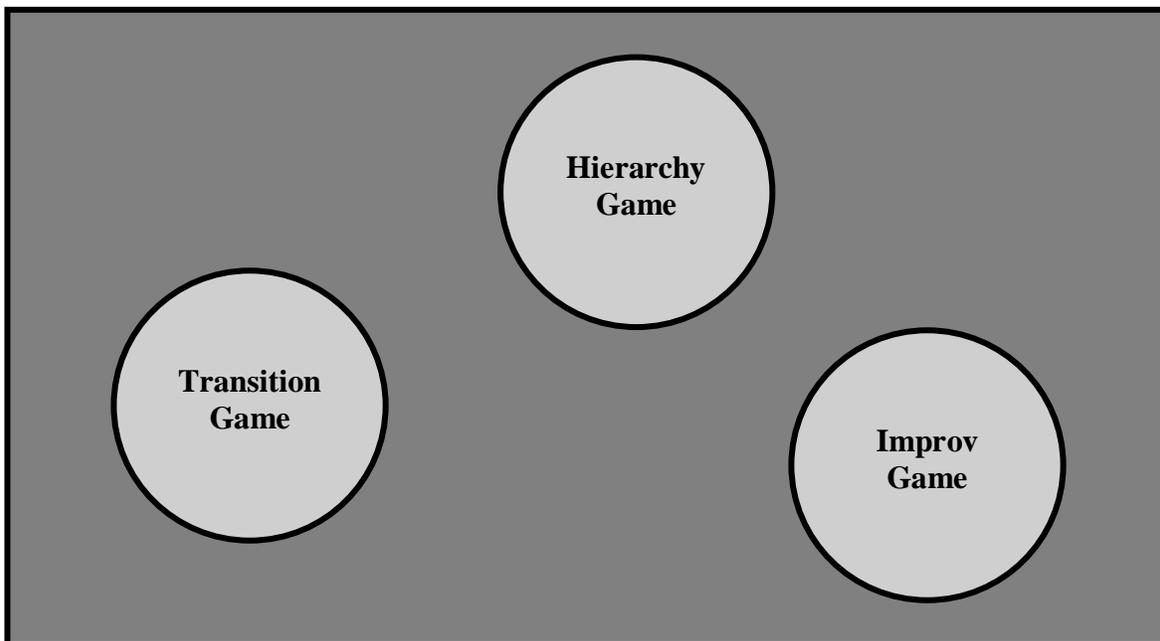
The Three Games in Play

There are three games being played by mankind on earth at this time. They are:

- **The Hierarchical Game**
- **The Transition Game**
- **The Improvisational Game**

While each game is dramatically different from the others, all of them exist on a level playing field. One game is not better than another. An individual playing one game is not more spiritually evolved or enlightened than another. Our Souls choose which game to play for each lifetime.

The Three Games



Imagine the illustration above is on a single piece of paper lying on a table. When the paper is horizontal, the games represented in this illustration are on the same physical level.

In the Beginning...

Imagine a time when our Souls existed in the formless realm of the Universe of Souls. There we were, hanging out in a limitless universe being our powerful, limitless selves. No form, no structure, no restraints. At some point, an idea blooms that we might want to create something different. In a process not unlike a brainstorming session, we linked up in thought. Let's see, what would be the wildest game beings that are limitless and powerful can come up with?

Well of course! A game based on limits--one with time, and structure, and rules. An existence of right and wrong, good and bad, up and down. A game where we don't remember we are Divine, limitless, powerful beings. An existence in human form in a body that requires attending, feeding, and rest; and, a physical process for procreation. A vessel that starts out helpless, slowly matures, and then gradually declines into decay. Hum, that certainly would be different.

Thus, the Hierarchical game was born.

The Hierarchical Game

As the Universe of Souls, we created the Hierarchy. We created the rules, the conditions, and the outcomes of all that happens. It is a great game based on restrictions to help us explore and experience limits. There are lots of rules to be learned and followed. There are many, many structures and sub-sets of the Hierarchy. There are centuries of conventions and traditions to follow, even though many are not relevant to our lives today. In the Hierarchy, compliance and conformance is rewarded. Deviations from the established norm are often met with dire consequences, especially for those individuals who are deeply invested in the established rules and outcomes.

The first and most important rule of the Hierarchy:

You MUST forget you are the Divine incarnate walking the earth.

To be born into and play the Hierarchical game, you MUST check your Divinity at the door and forget you are the Divine incarnate. You must forget you were ever a powerful being who existed in a reality without limits. Then, you spend the rest of your life metaphorically and/or literally trying to earn your way back into the grace of God.

The Hierarchy is the game played by mankind on earth since we first decided to come into human form. In the beginning, it took some effort for Souls to adjust to human form. After all, being human is noisy and messy. Inside our bodies alone there is a heart beating and pumping blood, lungs breathing in and out, a digestive system making all sorts of noise, and bones and joints joining an ever-changing chorus of sound. And all before we open our mouths to vocalize.

When we are born into these bodies, the warm, dark, and protective womb we emerge from is usually replaced by bright, cold, noisy, and unfamiliar sensations. It can take a period for Souls to adjust to the change in vibration and environment. After all, we hail from a reality where not even time exists. To aid with this adjustment, some Souls will come into a body for a period of time, then return to Source--each time staying longer--until they fully embody human form as an infant. This is a personal preference of each Soul based on the experiences they want to have as a human.

As many of us understand, our Souls do choose to be human. We choose how to be human. We choose whom to be, when to be, who to be with, and what we want to do as the human we are. After all, as Souls who exist in the realm of Source, we can and do create whatever we want.

Since history as we know it began, the rules of the Hierarchy have been in play. While incarnating as human beings to play the Hierarchical game over and over, many individuals have mastered the rules of the Hierarchy and have become somewhat bored by the whole thing. The initial thrill of being limited by design has worn off and many are looking for a different experience. What to do?

Enter the Transition Game.

The Transition Game

If you remember who you are and reclaim your power as the Divine incarnate walking the earth, you are no longer playing the Hierarchical game. You are in the Transition.

In the Transition game, the rules of the Hierarchy do not apply to you unless you want them to. That doesn't necessarily mean that you don't pay taxes or wear your seatbelt. It does mean that how you create what you want does not have to follow the rules of the Hierarchy. You don't inevitably have to start at the bottom and work your way to the top.

In the Transition, you have direct access to the wisdom and abundance of the Universe through your Soul. To access this realm, you want to put aside the limitations of the Hierarchy and the part of your mind that is ruled by them. You want to access the part of yourself who can communicate consciously with your Soul.

The Role of the Soul

There are popular beliefs that to create what we want, we need to think positively, set a clear intention, and ask the Universe for it. We may use affirmations, dream boards, meditation, visualization, and/or a myriad of other practices. While these are valuable and reliable steps in the process, success is not guaranteed.

Several decades ago I was a teacher and facilitator for the Baltimore Center for Attitudinal Healing. We assisted individuals and families dealing with life-threatening and chronic illness. At that time, ideas about the mind/body/spirit connection were new to many. We introduced visualization, meditation, affirmations, spontaneous drawing and writing, dream boards, energy healing, etc. to people who were very, very sick. In spite of lots of hard work and intention setting on the part of the patients and their families, many of them continued to be sick and many of them died.

What went wrong? As their health continued to decline, they often blamed themselves for bringing on their illness and for not doing something “right” so they would get well. They were praying. They were asking for help. They were using all the tools at their disposal and they often died anyway.

The missing piece in this formula was the understanding we are each the Divine incarnate on earth. As such, anything and everything that happens our Soul has agreed to. If our Soul does not concur, whatever it is we are asking for will not happen. The Souls of those individuals agreed they would experience illness. Those Souls also agreed on if or how they would survive the illness.

This is a tough pill to swallow when you have cancer or another life-threatening illness. How do we manage to keep going if we don't know whether or not our Soul wants us to get what we are asking for?

We trust. We trust the Universe is supporting us 100 percent of the time. We trust that whatever happens, it happens for us and our Soul intended it. We trust that we have an opportunity to make this experience work for us. We trust we are the Divine incarnate on earth and we are in partnership with our Soul.

Our Souls exist in the realm of all possibilities and are not limited to what we know and experience in the human realm of existence. Our Souls chose the human experience we have having. We are never alone in this process.

Some people believe if we want something strongly enough, if we do the right things, ask the right way, work and try hard enough, we can have or do anything we want. Consequently, many of us spend our lives thinking we are failures if what we want does not manifest.

No matter how hard you work, you might not get what you want.

It is not true that we can have or do anything we want. We came into human form from an unlimited reality into a reality that is limited by design. As such, we can have or do anything we want **IF** our Soul signs off on it.

Understanding these principals can make it a lot easier to be in human form. It makes it easier to deal with disappointment when something you think you want doesn't come to pass. You can use those experiences to help clarify the agreement between you and your Soul.

After all, your Soul is not separate from who you are. You are both parts of the same being. Your Soul has a much broader view of reality than you do. Your Soul has no limits, no body, and no constraints to deal with. Your Soul is you, but you are not your Soul. Your Soul is so much more than can be contained within the human being you have embodied.

Your Soul is orchestrating your life in partnership with you – casting the players in your life and is signing off on the experiences you have. Ask for what you want. Be as specific as possible. Ask the Universe to grant your desires or whatever is in your best interest (because you might not actually know). Then, let the Universe handle the details of manifestation. Don't get caught up in how things come about. Trust yourself, your Soul, and the Universe. Accept adversity and disappointment from a place of deep knowing that your Soul signed off on it and there is a reason for this that you have agreed to on a Soul level.

I know from personal experience how much easier this is to say than to do. Even so, this deep knowing of reality has helped me through major stumbling blocks in my life (including disabling injuries, illness, and heartbreak). This understanding takes away any excuse to be a victim of the world or others in my life. If my Soul has signed off on something I don't want or like, now I ask, "What's the point?" I know there is always a reason from my Soul's perspective and it is in my best interest. Now, I work consciously with my Soul to understand what's happening and to decide how to deal with it.

The point of the Transition game is to remember who you are and to reclaim your power as the Divine incarnate. If you are playing the Transition game, you have decided to experience this shift in consciousness while limited by human form because you thought this would be fun.

Remember:

***“You are the Divine incarnate walking the earth –
and you are on vacation!”***

The Improvisational Game

The Improv is the other game in play right now. This experience of reality also is not limited by the rules of the Hierarchy. But unlike the Transition, those playing this game create from an entirely different paradigm.

For example, if I were playing the Improvisational game and wanted to be a natural blonde, I would simply grow blond hair. If I wanted to be a man, I would become one without the need for a sex change operation. I could do these things instantly through thought and intention – if my Soul agreed.

Improvisational beings may or may not embody human form. They have holistic connections with their Soul, nature intelligences, the spirit realm, and the earth. They may come and go in an instant. They may change form at will. They can manifest instantly. They lack or shed the emotional baggage most of us claim and haul through our lives. They are our spiritual teachers, guardians, and guides. Time is irrelevant in the Improvisational game.

While some Improvisational beings walk in and out of existence at will, others start with a learning curve. Some beings born into the Transition develop the tools and skills to play the Improvisational game. There are beings alive today who have learned to consciously exist in parallel realms at the same time. They have learned how to shift their vibrations to move through time and space. They create at will. For them, the process has been evolutionary. These are skills and abilities they developed while in human form. (Again, because they thought it would be fun to develop these talents while limited by a human body.)

My Stint in a Super Hierarchy

I worked for the Social Security Administration for 25 years. Most of that time I worked at the headquarters in Baltimore, MD, and spent much of that time serving as an internal organizational consultant. This was during a time of many change initiatives introduced to Federal government. We had Total Quality, Team Building, Merit Pay, Customer Focused Service, and Interest Based Bargaining (to name just a few). These efforts were often heralded as culture changing. We were rolling out a new way of doing business. And we rolled out one after the other.

During this time, I was young and enthusiastic. I wanted to help improve the lives of both the Federal employees I worked with and the customers we served. I stood in front with my metaphoric pom-poms cheering away. I worked for weeks, months, and sometimes years with various groups helping them build teams and become more efficient and self-facilitating. For many, my efforts were extremely helpful. At the same time, others found my sincerity and enthusiasm downright annoying.

I often felt like I was trying to push a train uphill. Changing a huge, hierarchical structure is very difficult, especially one where the leaders are mostly political appointments that change frequently and are often motivated by political ambitions. While I was able to influence change, I was not in a position with any organizational power. Without knowing it at the time, I was playing the Transition game while entrenched in a massive hierarchical structure.

I had been working in a department responsible for IT-related service and was facilitating groups and consulting with managers part-time. At one point, my supervisor at the time recognized I had a talent for the work and decided to allow me to consult full time. So, I became an internal consultant in an organization that did not have them. I referred to myself as such, declared the people I worked with were now my clients, and watched as I became flooded with work. I was doing what I loved, was naturally very good at, and was helping the people who came to me. I often had a waiting list of clients, including executives appointed by the President. It was very rewarding work for me personally, but there was no career path within the organization for the work I was doing. To my supervisor's credit, he once told me I would have to decide between doing this work and getting a promotion. He was right.

I was not promoted again while I worked for Social Security, in spite of outstanding performance reviews and legions of satisfied clients. Why? Because, at that time, there were no infrastructures in this hierarchy to support or promote this kind of work that only a hand-full of "rogue" employees were doing.

I left Social Security in 1998 and moved to Santa Fe, New Mexico. There I began a very long journey of discovery and self-reflection. As part of that process I realized why I was so frustrated while working at Social Security. I lacked perspective. It wasn't until I was away from the organization for a while that I could look back and appreciate it for the brilliant hierarchy it is. That government organization was not "broken." It was functioning exactly the way it was designed to function in the Hierarchy.

My problem was that I was trying to change the Hierarchical game instead of consciously recognizing it for what it is. I didn't know I was in the Transition. I didn't recognize myself as the Divine incarnate with access to the power and wisdom of the universe. If I had, I could have had a much different experience. However, my Soul didn't want me to remember who I was at that time. My experiences during that part of my life were profound and all contributed to what I know about life and the Universe today. As I reflect back, I can see why my Soul orchestrated those experiences.

The Age of Aquarius

As many people know, we have moved through the Piscean era into the Aquarian era. This shift began several decades ago and as a species we are adjusting to the Aquarian vibrations.

Part of this evolution includes a change in human consciousness. Humans are evolving from five-sensory beings into multi-sensory beings. Some of us are beginning to perceive the many levels of reality and are beginning to recognize our intuitive skills and gifts. We are learning how to incorporate this expanded awareness into our lives and ultimately in our world.

What does this mean to the individual? Well, you get to decide if or how you want to utilize the opportunities this shift in consciousness offers. For the most part, people who are playing the Hierarchical game will chose (on a Soul level) not to recognize or utilize these evolutionary gifts and skills. They will continue to play the game based on perceived limits and black/white outlines. They will be invested in maintaining the status quo and will fight to keep things from changing. They will expend a lot of energy holding up and maintaining the illusion of the Hierarchy. They are playing the Hierarchical game and they are having a ball doing it, even when it appears they are miserable.

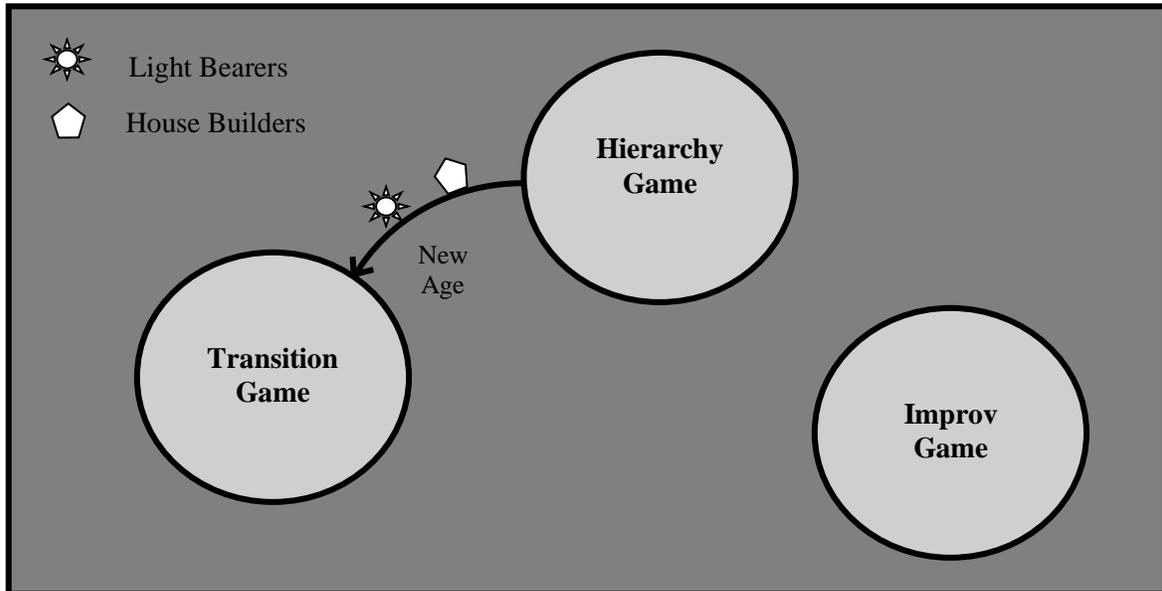
Most folks in the Transition have recognized the shift into the Aquarian era. If not consciously, they may have always felt something was “off” about the Hierarchy. As a child, they may not have understood the explanations of the world they got from parents, teachers, or religious leaders. The rules seemed arbitrary. The picture of reality didn’t quite fit with what they somehow knew was real. They seemed to have knowledge and perspective that doesn’t sync with the Hierarchy.

This discrepancy becomes more and more evident as children of the Transition grow older. They are often surprised by how childish “adults” seem to be. What seems like common sense to them others may have no concept of or lack the ability to comprehend or implement. They may have had experiences of profound insight and intuition, particularly during challenging times in. Seemingly coincidental events have major impacts on the direction of their lives.

Some of these individuals have become aware of multi-sensory experiences. They may begin to perceive different levels of reality visually, audibly, or kinesthetically. They may hear guidance from their Soul and/or guides directly. They may be able to translate information from different realms. They may begin to see auras and become more sensitive to human electrical and energetic fields. They may become aware of the nature intelligences, spiritual guides, and human spirits.

The New Age

The New Age movement refers to a collective thought consciousness where many of us began our process of enlightenment—the process of understanding we are the Divine incarnate. It was intended by our Souls to be a bridge in consciousness between the Hierarchy and the Transition. It was a process where we could be exposed to new ideas and concepts and be guided into different ways of experiencing our existence.



To facilitate this shift in awareness, some beings serve as light bearers on the bridge. They are our human teachers and mentors and they light the path before us. They have unique insights into the workings of the Universe and collectively they share these insights in many, many different ways. They write books, teach workshops, do radio shows, compose and record remarkable music. They meditate, channel, work in the healing arts, and post videos online. The list of gifts, talents, and methodologies shared by these teachers is long and comprehensive.

Other well-meaning individuals begin their journey across the bridge but before they shift into the Transition they get sidetracked. Because they have not yet sorted out which aspect of themselves is authentically connected to their Soul, they stop and build their houses on the bridge. These folks also write books, establish healing centers, meditate, teach, and generally do some incredible work. They may look and sound like authentic light bearers. However, their energy does not ring true. There's an old saying "you don't know what you don't know." That applies in these cases. While on the surface they appear to be on the path to the Transition and knowing themselves as the Divine incarnate, they may actually still be playing the Hierarchical game.

That isn't to say you can't learn from folks playing in the Hierarchy or the New Age. I have had many teachers who were gifted, talented, and well connected to the universe who were playing the Hierarchical game and/or in the New Age. They taught me when I was ready to learn and could understand. Both my Soul and theirs worked together. I am grateful for each opportunity.

The Rules

Whatever game you are playing, the rules of that game apply.

If you are in the Hierarchical game, the rules of the Hierarchy are in play for you. However, if you are in the Transition, those same rules do not apply to you unless you decide to follow them.

There are energetic pathways/packets of energy that exist in the Hierarchy we can consciously take advantage of and use as tools to create. For example, if you decide to use feng shui to decorate and balance the energies in your home, then the rules of feng shui are in play and will work. You can engage that paradigm and use it to your advantage. If you choose not to, then the rules of feng shui simply are not relevant for you, but they still apply to anyone else who plugs into that vibration.

Name Your Game

As stated earlier, no one game is better or more evolved than another. All three games being played on this planet exist on a level playing field. For example, someone who is playing the Improvisational game in this lifetime might decide to incarnate into the Hierarchy in their next lifetime. In that event, they will check their Divinity at the door, forget they are the Divine incarnate, and spend their lives trying to earn their way back into the grace of God.

When deciding to incarnate an aspect of yourself into human form, your Soul decides which game that aspect will play based on the experience you want to have in a lifetime. As your consciousness continues to expand, you can become more aware of the games in play today and how you want to navigate your experiences.

Kid/Adult Paradigm In Relationship to “The Games”

This one is easy...

Your Kid is playing the Hierarchal Game.

Your Adult is in the Transition.

As we’ve explored the Kid/Adult paradigm in this handbook, you’ve learned your Kid is focused on safety, security, survival, and the monitoring the goodwill of others. Your Adult knows you are the Devine incarnate walking the earth; you are already safe and powerful; that everything that happens, happens for you and your Soul has signed off on it.

The Kid and Adult You’s exist “in-the-body” together, but only the Adult has direct access to the power, wisdom, and abundance available from the Universe through your Soul.

Consciously co-existing with both the Kid and Adult becomes a process of getting the Kid out of the driver’s seat and developing your Adult muscles. As your Adult gets stronger, your Kid eventually “grows up.” He learns everything you learn, hears everything you hear, and can create just as powerfully has you can. The problem is, your Kid is in the Hierarchy and can only create based on the limitations imposed by that game.

Your Adult already understands the Transition game. He has direct access to Universal wisdom through your Soul (the “out-of-the-body” you). The rules of the Hierarchy don’t apply to your Adult.

There’s the payoff. Open yourself to the wonders and power of the Universe by developing your Adult muscles. Take advantage of the Hierarchy by using its rules in ways that work for you and work around the ones that don’t. Check the energy frequently to make sure you are in your Adult and your Kid isn’t masquerading as your Adult.

Have fun. Keep exploring the possibilities. Build muscles. Find your tribe.

You have all the time in the world

and the Transition is waiting for you...

Services Offered by Essie Silvers

Akashic Record Consultations

The Akashic Records are a repository of information held in the energy of love. This information relates to every thought, action, emotion, and experience that has ever occurred. As an Akashic Records consultant and with your permission, Essie Silvers consciously connects with your specific guardians to access information on your behalf. Some of this information comes directly from your guardians in the form of information and healing energy they wish to impart to you. Other information is in response to questions and concerns you want answers to. These sessions are gentle, loving, and informative.

Running Your Life Coaching

Using the Running Your Life program, Essie serves as a liaison to help you connect with your own intuitive wisdom. Together, you identify issues that are not working for you or are making you feel stuck. In collaboration with your Soul, you bring your focus into the present moment and explore the vast array of options available to your Adult-self today. You explore practical and powerful ways to create what you want in your life. This work is appropriate for individuals, couples, and groups.

Insight Sessions

Your Soul is your source and your Soul's source is the Universe. During Insight sessions, Essie partners with you to open a channel to your Soul, guides, and teachers. She helps you hold that connection and supports you while you learn to receive answers to your questions and concerns directly.

Flower Essences, Essential Oils, and Healing Modalities

Healing modalities available include the use of Energy Healing from the Guardians of your Akashic Records, guides, and teachers; Perelandra flower essences and processes; Young Living essential oils; energy field therapy; healing touch; sound and music; mind-mapping; art exercises; meditation; and visualization.

Organizational Guidance

The principals of the Who's Running Your Life? program are uniquely applicable for use with businesses and organizations. Essie helps individuals, groups, and teams connect to the Divine Spirits guiding their business or organization to bring order and balance to their work environment and processes. Aspects of organization consulting available include strategic planning, team building, facilitation, meeting management, and process evaluation.

Salons, Intensives, and Groups

Who's Running Your Life? introductory salons, intensive trainings, and group experiences explore the principles of Kid and Adult in real-time, dealing with the day-to-day stresses and issues of your life. This offers participants the opportunity to get feedback and support from others also finding their way to full empowerment.

Salons and groups are facilitated in person in North Carolina and remotely via video-chat and/or teleconference. Essie welcomes invitations to conduct informational salons in person in other locations.

Workshops, Lectures, and Keynote Presentations

Essie also presents the "Who's Running Your Life?" information as an exciting, informative, and amusing presentation, as well as related inspirational presentations tailored to specific audiences.

About the Process

All the services offered center on your connection to your Divine Self. This may include accessing information from the Akashic Records (for individuals, businesses, and groups). Essie also employs processes developed by Machaelle Wright at the Perelandra Center for Nature Research to support her work with clients. This includes the use of flower essences, kinesiology, and working with the Devas of Nature.

For more information, contact
Essie Silvers at essiesilvers@gmail.com

“Who’s Running Your Life?” – The Book

This handbook is a “short-hand” explanation of the Kid and Adult paradigm to help clients jumpstart their process.

“Who’s Running Your Life?”- the Book contains additional information and anecdotal stories about the Kid/Adult paradigm. It details the shift in consciousness we are making on the planet now as we shift from the Piscean era into the Aquarian era; putting the Kid/Adult paradigm a broader context.

The book also explores the three “Games” being played by humankind today—the Hierarchal Game; the Transition Game; and the Improvisation Game. Each of these games is being played concurrently by the population of the planet. “Who’s Running Your Life?” outlines the games in play now and how our knowledge of them can help us navigate our way towards happier and more fulfilled lives. This knowledge helps put our lives into clearer perspective and lightens the burdens we experience.



About Essie Silvers

My personal journey into healing and empowerment began over 30 years ago and included the study and practice of energy healing, psychic development, emotional body clearing, visualization, meditation, women's spirituality, flower essences, affirmations, past life regression, massage, and working with the chronically and terminally ill and their families.

I moved to Santa Fe in 1998 and began several years of study with a group of channeled energies. What I learned from them quite literally changed my life. I used that information, my previous knowledge and experience, and help from many guides and teachers, to develop the "Who's Running Your Life" program.

Now residing in Asheville, NC, I offer this information to others with a very concise and down-to-earth style, building on an extensive background as a conscious channel, Akashic Records consultant, healing practitioner, facilitator, trainer, corporate consultant, and speaker.

*For more information or to order copies of this handbook,
contact Essie at essiesilvers@gmail.com*