



**DISCOVERING  
YOU**

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**Eloheim**

Channeled by  
**Veronica Torres**



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*Discovering YOU*

**An Eloheim and The Council Book**

**Channeled by  
Veronica Torres**

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## **Introduction**

Out of the hundreds of private sessions I have done, this is the first session I have offered as a book. Kay's concerns and challenges are so universal. There are so many people who are "drained from doing too much" and can't find the answer to the question, "What am I here to do?" I knew before the session was even finished that I was going to offer this material in book form.

The insights and tools Eloheim offered Kay are such a wonderful road map to transformation. I am thrilled to present it to you.

I want to thank my team, Mary George, Sue Trainor, Dea Nicholls, and Holly Eve Adams for their contributions: formatting, transcribing, editing, and creating the artwork for this book.

I especially want to thank Kay. Her openness and willingness to look her challenges right in the eye was incredible to witness.

Step by step, transformation and healing are ours!

Blessings,  
Veronica

June, 2012

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## From Kay

Eloheim is a straight-talking, humorous resource for my soul and for any and all who feel lost with themselves. I was questioning within my being who I am as an essence, and my place in this world. This session helped guide me to the important spark of light and influence that I emanate...! (As opposed to the sometimes random feeling of being just another cog in the wheels of life.)

Eloheim as channeled through Veronica helped point my feet in the right direction.

This information, while simple in its wisdom had a profound effect on claiming my birthright as a divine co-creator of my wildest dreams!!

Thank you Eloheim,  
Kay

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# Session Transcript

**Eloheim:** Hello! Where do you wish to begin?

**Kay:** I wrote a couple of things down.

**Eloheim:** We're going to interrupt you because we're looking at your energy. Your energy field is at 10% of optimal. You're run down. You're really run down and you're contributing to being run down by—how to best say this?—let us just get the right feel into it. When you start to get run down you do not set boundaries soon enough. We suggest people set boundaries early and often and you are not setting boundaries anywhere soon enough to keep your energy level high. This is why you're tired. This is why you've had weight gain. This is why you feel this midlife crisis kind of energy. You've let yourself run down so far that you're on fumes and then, when you're on fumes, because you're trying to fix it, you fix it by trying to do the things that ran you down in the first place only more, better, faster. This idea of, "I'll just do three plays instead of one and that'll make me feel better because I'll be doing stuff." Right?

**Kay:** Right.

**Eloheim:** We're looking at your energy field right now and instead of your aura being four feet outside your skin, it's inside your body. Your truth, your radiance, your emanation, the part of you that everybody who knows you thinks is so delightful, that big smile and that beautiful energy you have to offer is inside you. It's not even coming out right now. It's not getting past your skin. When we see that and see you in this condition it's a 9-1-1. It's a stop the presses. This has to be corrected before anything else is addressed. There's a question we're going to ask you: Why are you afraid to emanate your truth to this world? Where does the survival have its claws in you? Where does fear have its claws in you? What is the big, bad, boogie man that's telling you to stay small?

**Kay:** I don't know.

**Eloheim:** You don't know. We know you don't know. That's why this has happened to you, because you don't know. What we see happening is that over time you've given with your performance, you've given with your abilities, you've given with your massage work, you've given with your vibrant personality, that sense of giving, giving, giving, giving as a way to feel connected to the world. So when you give, give, give to be connected to the world, you give away your wax, you give away your essence. The option that we suggest for you and for everybody else is to emanate.

There's a huge difference between giving and emanating. Emanating is knowing what your truth is and letting that shine out of you. Giving is trying to figure out what other people want and trying to figure out a way to offer it to them. All you're required to offer to the world is your truth experienced. Not looking around in other people's energy to see what it is they want and then trying to give it to them. Here's an example from your acting career: You don't poll the audience to hear what play they want to see. "Who wants Hamlet, who wants this one, who wants that one? Okay, everybody, it seems like



we're going to have to do a mishmash because no one can agree." You don't do that. You say, "This is the play. Come and see it if you want to." You want to connect to the audience and you want to give them a powerful experience, but the truth of the matter is you're having your truth being presented. "Take it or leave it, like it or don't. I don't give a shit because I know I'm coming from the authentic version of me."

Instead of emanating your truth, what you're doing in your life is asking everybody what play they want to see. If you don't know the lines to the play they request, you say, "I don't know the lines to that play, oh well, I'll just try anyway." Then, you don't feel success, you don't feel confident, you're always what we call on your toes instead of your heels. When you're on your toes you're leaning forward into other people's energy fields, snooping around. When you focus on feeling your heels underneath you, it lets you feel the truth of you for you and it shoots out into the world with an extraordinary powerful effect that's none of your frickin' business. None of your business at all. What your business is is committing and recommitting to knowing what your truth is in any moment. "I'm tired. I feel taller today. I feel fatter today. I feel skinnier today. I feel like my husband is a cock today. I feel like the dog is happy today. I feel. I feel. I feel." If you can't figure out what your truth is, ask yourself, "What is my left ear doing? What's my right toe doing?" Which brings your self back to the body, back to the moment, back to your awareness. And then what happens is you get connected to your intuition, your soul, your guides, so that you can start having new thoughts instead of using the hamster-wheel to think all the old thoughts over and over again, which is what you've been doing. And you don't just hamster wheel thoughts; you also hamster wheel the behavior of giving instead of emanating.

You're always looking for ways to give to others, but you're not giving from your abundance. You're giving from your reservoir. And it's run way down. You've got to stop that because it is not healthy for you. When you're in the world and someone says something to you, you need to say: "What is my truth in this moment?" And when you express your truth, don't apologize for it being your truth. State your truth. Shut your mouth. We call it short, factual statements. State your truth. Shut your mouth. You feel triggered like: "Oh, what are they thinking? Am I letting them down? Blah, blah, blah." Say instead, "I don't give a shit. Because right now my number one focus has to be rejuvenating my reservoir, by emanating my truth and not giving away myself."

You deserve this. If you don't do it for yourself, no one is going to do it for you. We know that you wish to have a positive impact in the world; however, you won't be available to have any impact on anyone because you won't be healthy enough. You just can't fuck around with this. Your energy is so low. Normally people we see like this, we think something is wrong with their thyroid. We don't think something is wrong with your thyroid right now. We think you're just at 10%. You know like when you drive your car and that light comes on because you know you need gas and you keep driving and you're wondering, "Will I make it?"—you're in that place. Right?

**Kay:** Yup.

**Eloheim:** You know this is the truth. So what are you going to do about it? How are you going to change it? You are going to walk on your heels. Literally. Pay close attention to your heels. When you know where your heels are you know where your tailbone is. When you know where your tailbone is you know where your shoulders are. When you know where your shoulders are you know where your head is. When you know where your head is, it's with the rest of you and not in other people's business. Because that's the real temptation even of light—especially light workers actually, because light workers want other people to do well, be happy, blah, blah, blah. This is really come to a cru

point for you.

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**Kay:** Yeah, oh yeah.

**Eloheim:** This is part of that whole thing you were talking about regarding a midlife crisis. “I have been giving, giving, giving, for forty-seven years.” And part of what happens is you’re so busy giving that your emanation doesn’t get to have its day in the sun; and your emanation is actually the powerful force that you came here to share, but it’s corrupted by the idea that you have to give and that other people are more important than you. You see this with your husband—the two of you are excellent mirrors on this subject. You see him give too much and know it’s not a good idea. Every time you see him do it, we want you to recognize, “My internal world creates my external reality and my husband wouldn’t be behaving this way if it wasn’t also true in me.” By changing it in you, you energetically allow him to change as well—if he chooses to—because he doesn’t need to continue to model that behavior for you. He may continue to experience it for himself, but you’ll have a completely different reaction to his experience of it. By emanating an option you show him how you can actually share the beautiful people that you are without running yourselves into the ground.

You do this by catching yourself over giving and saying, “I give to myself only. And then I emanate as my gift. I give to myself only and then I emanate as my gift.” Then people are blessed by your presence, which is what you’ve always wanted, and you’re fueled because you continue to give fuel to yourself. Without this you will not be healthy—and we don’t mean to scare but we’re trying to scare you a little. We don’t want to freak you out but you can feel it in your body. You feel uncomfortable with your size. You feel uncomfortable with your energy level. You feel uncomfortable with your ability to get up and go.

**Kay:** Totally.

**Eloheim:** It’s because of this situation where you’re giving instead of emanating. Giving results in such a small amount of energy being shared with the world. Emanating offers a supernova of energy to the world. But you have to let go of the belief that the only way to have an impact on the world is to make sure the people you encounter are happy with you.

**Kay:** Oh my God, totally.

**Eloheim:** Right?

**Kay:** Yeah. I don’t even realize I do that. It’s subconscious at this point.

**Eloheim:** One of the things we’ve been teaching in our weekly sessions is to discover the place where you’re unconscious you’re unconscious. Part of the reason to attend the weekly sessions is you get to spend an hour and a half every week focused on discovering these aspects of yourself so that you don’t make the kind of choices that lead you down this path of feeling so drained. It helps you stay on top of it more. And then, of course, at the meetings we’re there and if we look at you and say Kay, you’re doing better or Kay, we see you doing more giving than you did last week, it helps you to not give yourself away.

**Kay:** It’s been an ongoing issue. Do you see some certain intuitive abilities that I could tap into that could be developed?

**Eloheim:** Sure. If you would do this emanating thing instead of this giving thing, it’s going to leave this big space in your life and that big space in your life can be reconnecting—because this isn’t something that’s lost—it’s just reconnecting to the intuitive abilities that you’ve always had and you’ve always known you had. So this is how the pattern goes: Kay gets an insight from her soul. Kay

looks around into the world to see who she can give it away to. Then Kay feels drained.

This means that insight from your soul is connected to feeling drained instead of insight from your soul being connected to feeling good. You get an insight, you feel, “Oh, yes, I feel like I have some energy in my body.” And you don’t necessarily give the specific insight away, but you give away the reservoir that you’ve built by connecting with your soul’s insight. You get an aha and that fuels you and you immediately give that fuel away to someone by wanting them to feel good.

You know what? People will feel good when they see you feeling good. Right? You watch Veronica walk around in the world and you can see she’s doing well, you feel good because she’s doing well even if she hasn’t talked to you in a month. That’s emanation. That’s the difference. Can you feel the difference? This is a good model for you. Emanate your truth. Receive insight. Yes, absolutely. Intuition? Absolutely. You have all of that. And you can play with it when you’re not filling your life with giving, you can play with it more and ask yourself questions and say, “Hey, that’s an idea!” You have that power in you and you need to make room for it by giving up the other pattern that does not work. You’ve already done that for forty-plus years. You’ve learned enough about that. You’re an expert at how to do things that way. Let’s gain expertise in something else.

**Kay:** That’s where I’m at too. Ready to learn new things.

**Eloheim:** Emanation.

**Kay:** So if I start emanating more, is it possible if I continue to do massage work that there’s a way that I can take it up a notch, and do some tarot card readings or something? I need to step into more power and emanation, but ...

**Eloheim:** Exactly. Start with that. Start with when you go in to do massage. Instead of feeling like you have to make a certain experience for the client, instead say, “The vessel of massage is going to be the way I emanate my truth.”

**Kay:** So the technique itself...

**Eloheim:** This is a really triggering place for you to make this change, because massage is all about making the client have a good experience; but the truth of the matter is a client can get a massage from anybody, but when they get a massage from you they’re getting an opportunity to be in your emanation. If you’re able to get on your heels—which doesn’t mean you don’t give a great massage—it means you’re on your heels when you’re giving the massage and you’re being in your truth rather than being in, “I wonder what they’re thinking, I wonder how this is coming across, do they like what else can I give them?” They end up being bathed in your emanation and when your emanation is conscious, high-vibrational, angelic, it’s a healthy feeling, it’s a confidence, it’s that quiet centered place that almost nobody knows how to access in this world.

When someone comes into your massage room and you can greet them in a very centered way, you’re already offering them healing. If you can stay in a very centered place the entire time you’re offering the treatment, you end up giving them an emanation to match, rather than a little bit of a positive experience for an hour and then they go off to their busy life. When a high-vibrational, powerful, light worker generates an emanation into the world, it says to everyone they encounter, “There’s another way to live.” It’s not: “Read this book, go to this meeting, do this thing.” It’s: “As I walk through the world I’m showing you there’s another way to live that’s not the way that the world says to live.” It’s magnetic and very attractive and you can offer that in your sessions as a starting point of broadening what’s going on. And people will come just for that, and they even would come to lie on your table without receiving a physical massage.

**Kay:** Yeah. Yeah, yeah.

**Eloheim:** Not because you're doing something to them or giving to them. It's because they're basically basking in your emanation. It's a lot like when you encounter someone who's a saint. The saints that you grew up with in the church—you know that if all you did was sit in their presence you'd be changed. That's emanation. They don't have to do a thing. You just sit there and you feel changed. That's the difference. Now we feel you feel it. That got there.

**Kay:** Well, that answers a lot.

**Eloheim:** It's good to have specific questions because then we can talk about how to apply it. So don't hesitate to claim this time as your own and ask what's important to you.

**Kay:** Okay, good. The emanation, that actually really does solve so much of this. I'm kind of blown away. So I was offered this directing opportunity to direct another children's play. It could be something different. Is it worth my time and energy? I get paid very little, but obviously if it is a chance for me to be in my emanation—I'm looking for ways to transcend this old me and get to the emanation very quickly. A quantum leap.

**Eloheim:** Well, you have to keep in mind that emanation is happening right now. So it's not something you have to get to. You just have to remind yourself to focus on it. It's like the train is going down the tracks and they've thrown the switch and you can go this way or that way. It's a fundamental change that doesn't require a quantum leap. It's a fundamental change that results in a changed destination. So if you do the play, the question is why are you doing it?

**Kay:** Yeah.

**Eloheim:** Because obviously the money is a token amount, so it's not to give you affluence or comfort in the money situation.

**Kay:** The one thing I thought of was the girl I'd be working with—we've worked really well together and if there's a future for me in children's theater, she's just a great person to work with so it could be aligning with my future to work on it.

**Eloheim:** Oh dear. So the reason you're doing it is another person. You see how you do this? We asked you why you're going to do it and you're talking about this great other person. You see how you do that "we" thing? You've got to really watch that. It's forty-seven years of training so it's not like we're criticizing you. We're just saying for forty-seven years, the garbage can has been on the right side of your desk and you're moving it to the left, so it takes a little bit of time to get used to. But you have to be so disciplined with yourself. So back to the question, why would you do this? Answer with an "I" statement. I feel (blank) when I'm the director.

**Kay:** I just can't believe it. I feel like I've got to do a song and dance. [She is covering her mouth with her hand as she speaks.]

**Eloheim:** Don't cover your face. Don't cover your mouth. When you do, you are saying, "I can't tell my truth. I have to cover my mouth when I speak."

**Kay:** I feel scared being a director by myself.

**Eloheim:** Okay, now we're there. I feel scared being the director.

**Kay:** It's not something that comes right to me. Because my whole life I've done exactly that. I started with my sister who was a very demanding personality, and I gave away my power then and I'm just seeing the whole thread here. It's unraveling everything.

**Eloheim:** So I feel afraid or scared when I'm the director...

**Kay:** But it should be an empowering experience.

**Eloheim:** No, no. One of our least favorite words is the word "but." You know what happens with the word "but"? You tell your truth and you put a "but" in it to modify it for the audience. "I feel afraid when I'm directing, but I shouldn't. I like red pants, but I only bought blue ones."

**Kay:** I do a lot of that.

**Eloheim:** The truth is before the "but," and the stuff after the "but" is very fascinating because that's the "make it socially acceptable" side of the statement. When you find yourself using the word "but," be really careful because you're modifying your truth.

**Kay:** Honestly though, I feel that way about a lot of stuff right now. There's the idea of going back to college and is that the right choice?

**Eloheim:** So let's ask. I feel (blank) when I think about going back to college.

**Kay:** I feel intimidated when I think about going back to college.

**Eloheim:** I want to go back to college to get (blank).

**Kay:** To get confidence and competence so that I can actually prove to the... Ah, see, there I go again.

**Eloheim:** Very good! You caught yourself this time. And you didn't cover your mouth as you said it. See how the questions you're asking are based on other people...

**Kay:** Oh my God.

**Eloheim:** It's the royal "we." It's the big "they." It's not "I." It's not Kay. It's not what Kay's truths are.

**Kay:** I have to find my niche. I'm going crazy. I have to find my niche in this world.

**Eloheim:** Your niche in this world is you and your truth emanated. That's what it is. A lot of light workers come on to the planet and think, "What am I here to do?" We say over and over again—and we really do say this to everybody, not just you—you come here to emanate your truth. You come here to connect with your soul's perspective so you can emanate even more of the grander truth of you than the human body has been able to emanate up to this point. "I come here to grow, to emanate my truth and I'm an actress and I'm a day care worker and I'm a nanny and I'm a chef and I'm a wife and I'm an auntie." And the common thread—your niche—through the whole thing is: I emanate my truth no matter where I go or what I'm doing.

**Kay:** That is huge. Thank you.

**Eloheim:** That is your big thing.

**Kay:** I found my niche!!!!

**Eloheim:** That's why you're here on the planet. Although you have the ability to be so shiny, yet you are not shining right now because you've been so focused on giving instead of being a gift to yourself. It's not judgment, it's not criticism, it's just opened eyes, more awareness, need to make a change how ridiculous does it have to get before I make the change? Not any more ridiculous than this. You 10% energy is as ridiculous as we want this to get. We don't need you flat in the bed.

**Kay:** That's what I've been doing—seriously—I've been watching Little House on the Prairie episodes and taking naps. I don't even know what I've been doing. I've just been absolutely drained and feeling just really lost. Like I don't even know where to go from here. I don't even know who I am.

any more.

**Eloheim:** That feeling right there encapsulates what we've been explaining. You don't know who you are because you've given away your reserves, so really you're kind of empty. The beauty is that now that you're aware of it, you can recharge and you'll not give away again. It's going to be a temptation when you're with your family and all those kids and your husband and your clients to go back into the old pattern. But the truth of the matter is, you see and know that that is not right for you.

The alternative here is to allow yourself the ability to be the mother that you always wished you had been. Be the mother that you thought you might want to be in this lifetime, to yourself. You are your own child. Loving yourself as much as you wished you had been loved, as much as you love your nieces and nephews, and as much as you would have loved being a mom yourself, that amount of love that you have to give to another you need to give to yourself. And the way you do that, we just want to remind you, the way you do that is to check in and ask, "What is my truth, what is my truth?" And if you can't figure out what that is, ask, "What is my big toe doing? What is true now about my left index finger?" Literally ask that. "What is true about my left index finger?" It might sound silly, but it brings you into the moment and it tells you what's going on in your body. When you get in touch with your left finger, you may realize: "Oh man, I feel sad. Or you know what? I don't feel as sad as I used to have." So what is your truth right now?

**Kay:** My truth is trying to figure out how to stop that pattern. I know it goes back to emanation, so I want to keep that as my mantra for a while until I start feeling it on every level. But I'm so concerned, how do you stop being concerned about letting people down? My boss was amazing—I worry about my boss sometimes because we have such a connection and then I'm worried about cords and making cords with her.

**Eloheim:** You are doing the same thing as when we asked you about being a director and you told us about the girl you worked with; your truth is about other people. They're more important than you. Basically that's your thing. Everyone is more important to you than you.

**Kay:** So how do you get there?

**Eloheim:** You just have to keep reminding yourself: "Oh, there I am." We love this tool we have called I'm tempted to. "Wow, I'm tempted to think about my boss's feelings more than my own. I'm tempted to think about nurturing another person more than deciding if the play is right for me to do." And when you put the words "I'm tempted to" in the thought, it makes you, literally, use a different part of your brain. So you're not using the part of your brain that's very habitualized to that idea. It lets you use a completely different part of your brain, which is exactly what you need. So, "Wow, I'm tempted to think about my boss right now." And then you know it's a choice because you're a creator. "Is my choice to think about her and if so why? What is my thinking about her going to change me?" We even just said to you, "What is your truth?" Now the answer to your truth could be: "I feel sad right now, I feel uncomfortable right now, I have to pee right now"; but it was this flowy dramatic kind of truth. So we're going to ask you again: "What is true now for you, Kay?"

**Kay:** Well, actually...

**Eloheim:** I...

**Kay:** I feel like I need to cut everything out right now, to be honest with you. Because I just feel like if I go into my husband's world, I'm going to be doing open mics and art projects and that's a scattered thing; and he's asking, "Why aren't you singing with me?" And if I go into my boss's world she's like, "Why aren't you looking at your phone every five minutes and see if you have a message?"

So, just to be honest, I just want to be free from all of it for right now and get back to that emanation  
don't even know where to start but I think that what would help is to just mentally...

**Eloheim:** Energetically, not mentally.

**Kay:** And even tomorrow I was supposed to go in on Easter morning for a meet-and-greet read-through of this play I've already done, and I'm even wondering if I should do that.

**Eloheim:** So the way you do all these things—two things we want to say. The first is we have a tool and it's the "Say no first" tool. If anyone asks you for anything or to do anything, you say "no" first. You just say, "No." If someone says, "Do you want to do this?" "No." "Can you go here?" "No." "Are you available?" "No." You just keep saying "no." Once you've said "no," there's breathing room for you to actually check in with yourself to discover how you really feel. It makes room for you to take the time to authentically determine your truth about the question. Once you've checked in with yourself, you can always change your mind. We've actually never seen anybody use this tool and then change their mind and not have it received well.

**Kay:** That's it. It's wonderful.

**Eloheim:** So you just say "no," and the funny thing is how fast you get to say "no" can be really entertaining. Like the person hasn't even finished asking and you're saying, "No." So you can have fun with it. You were wondering about making decisions—this is going to help, the "Say no first" tool.

**Kay:** That's going to really help because I am horrible sometimes with decision making.

**Eloheim:** Yeah, and you've got a husband who's even worse than you. The "Say no first" tool is a really good one for both of you. And the thing here, Kay, for you, is when you want to make a decision, you've got to learn to carve out the space where you are checking in with yourself first. The "Say no first" tool really resonates with you, right? So tomorrow's Easter morning, and they want you to go on a play rehearsal on Easter morning? What is your truth about that?

**Kay:** No.

**Eloheim:** See how that works? "I don't want to."

**Kay:** I already told her I had plans, but I was going to try to make it.

**Eloheim:** See how you hedge your bets? So here is how you're going to do it. "No," and then you go, "Wow, I'm really tempted to feel guilty, confused, uncertain, I suck, I'm letting her down."

**Kay:** Totally.

**Eloheim:** But you know what happens? We're going to tell you a little secret here. When you set clear boundaries early and often, you give permission for others to do the same.

**Kay:** It is so wonderful. I love it when people say no. I love it.

**Eloheim:** So you say no first and have fun with it. When you have triggers because you've said no, you use the "I'm tempted to" tool to interrupt the trigger pattern. Then you're using a different part of your brain. The other tool that's going to help you is the Short factual statement tool, because you tend to be very thespian about your thoughts. If it can't be done in three paragraphs, it shouldn't even be started. I need pages to work out this feeling. You have to watch that. It's good for the stage, but sometimes sucky in life.

What we want you to do is use the Short factual statement tool, which means that you speak about things with a short factual statement ended with a period—and you say the word period because that makes you use a different part of your brain. Imagine you're hamster-wheel thinking about: "Should

go to play practice tomorrow.” Then guilt: “I suck, I let her down, blah, blah, blah” happens.

The “I’m tempted to” tool and Short factual statements go really well together because you can say “I’m tempted to go there but instead my short factual statement is, I don’t want to go, period.” Because if you just say, “I don’t want to go,” you’re just using the same part of your brain over and over again. If you say, “I don’t want to go, period”—and this is the most important part of this tool—“I don’t want to go, period”—then you sit in that opening you have created and you see what new information comes in.

You don’t just put period in between each sentence to hamster-wheel think. It’s not: “Oh God, I don’t go she’s going to blah, blah, blah.” It’s: “I don’t want to go, period.” And then you sit in that period and say, “I’m tempted to feel guilty about that, period.” Where do you go next? “Wow, if I don’t go I’ll feel guilty,” or maybe: “Wow, I feel really relaxed that I don’t have to go out tomorrow.” We have seen this tool cut hamster-wheel thinking that has lingered for three years down to two or three rounds of the period thing. You have to be super careful that at the period you don’t just keep thinking the same old thoughts. That you stop and say—especially for you—stop sign. I’m at the stop sign. When you come to the stop sign in your car what do you do? You evaluate the intersection. You don’t just stop and then go right away without looking, because you might be crashed into. You stop and evaluate the intersection to see what the next step is. When you use the Short factual statement tool, imagine you’re at a four-way stop when you say that period; and you stop and you look around before taking the next step or thinking the next thought. Take what you have observed and make another short factual statement based on the new place you are in.

**Kay:** Yeah, I love that. I am so mental and I’m just constantly—a hand analyst took a look at my pal one day and she said, “All you do is think. You never get anything done because you’re always thinking everything through.” So this will really help that. The hamster-wheel mind totally makes sense because it is those patterns and that continuous thing.

**Eloheim:** Work with the “I’m tempted” tool and the Short factual statement tool together to create an empty space so you can rediscover yourself. We really want you to become friends with the current version of you because we don’t think you know who she is. She’s this amazing woman who’s grown and learned and been married and had businesses and had friends and done plays and all the adventures; but you haven’t actually gotten to make good friends with her yet because she’s never present long enough, as she’s always giving away to somebody else. Another thing for you to keep in mind is: “Who is the current version of me?” And not: “What am I going to do with her? Where are we going to go? What thing is next? Should I do that play or not?” It’s: “Who is she?”

We have another tool for you. This is the Step-by-step tool. Step by step. You take a step and it’s like that stop sign thing we were just talking about. You re-evaluate. You make another step, you re-evaluate. You go step by step. The key here is, with the step-by-step tool, if you feel confused about your future, you’re making too big of a step. When you make too big of a step, the survival instinct jumps in and grabs a hold of you and says, “Be afraid, be afraid, be small, be small” and you don’t get anything done.

**Kay:** Ahhhh, that’s what’s screwing me up. Oh, I love that! I love the step-by-step method. Because that’s what I’ve been feeling like. I’ll make this step and something will stop and I get really confused by it because I keep projecting way out into the future.

**Eloheim:** This is what we call the Moment, or the mountain tool. One time, a client was telling the big long story. She’s going on and we imagined her walking and the next thing we knew she was clear.



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