

Vibetracker.com

Raise Your Vibration

Masterclass

Video 27: How Do You Talk With Yourself?

The way you talk to yourself has a massive impact on your life.

You are the only person you will spend your entire life with.

From the moment you are born until the moment you die, you are always with yourself.

You wake up with yourself, and you go to bed with yourself.

So, you might as well make friends with yourself.

The words you use and the things you say to yourself influence your life more than almost anything else.

Most people have no idea about this. If they spoke to others the way they speak to themselves, they would be shocked.

Most people are highly critical of themselves, extremely hard on themselves, and feel like they are not enough.

From now on, I hope you become aware of what you say to yourself. And this all happens in your head. It's not often that we actually speak out loud to ourselves.

Sometimes, you see someone walking down the street mumbling to themselves, and you find it strange, but the truth is, we all do the same thing—we just don't say it out loud.

This conversation happens so naturally that we hardly notice it. It runs in the background without us even thinking about it.

You can use this in a positive or negative way. Many people use their inner dialogue in a negative way.

They hold beliefs that they always lose things, that they always struggle with money, that they never attract the right partner—all those kinds of things.

These are called limiting beliefs.

They hold you back from stepping into your power.

But if you really think about it... why would you hold yourself back from achieving success?

Why would you stop yourself from reaching a higher vibration or whatever it is you are striving for?

Would you stop someone else from pursuing what they truly want in life?

Of course not.

So why do it to yourself?

From now on, I encourage you to be as mindful as possible about not speaking negatively about yourself in the "I" form.

This is so important that it's something I pay the most attention to when raising my children, to make sure they don't identify with the labels I might unconsciously place on them.

For example, I never tell my children, "You're not being nice" or "You're clumsy."

Instead, I say, "Your behavior right now is difficult" or "You must not have seen the vacuum cleaner when you tripped over it."

You should avoid placing those kinds of labels on yourself as well.

So, not "I'm bad with money."

Not "I'm always late."

Not "I never meet the right people."

Because words have power, and when you say them, they become reality.

What you should focus on instead are positive thoughts—affirmations.

Be mindful of what you say. A great exercise is to look at yourself in the mirror and say positive things like:

I am enough.

I am powerful.

I love myself.

I have the ability to create anything I can imagine for myself.

If you do this every morning after getting out of the shower, you will start to feel different about yourself after just a few days or weeks.

You will feel better. Your vibration will rise.

You will tell yourself a stronger story, even if only on a subconscious level.

The only person holding you back from achieving what you want is yourself and the thoughts you keep telling yourself.

What you need to do is take back your power the moment you realize that you are the one creating it all.

So start telling yourself a different story. Tell the story of the reality you want to see for yourself, the reality you want to be true. Even if you're not there yet.

From the moment you keep repeating this to yourself and start to truly believe it, the faster it will manifest.