

STEP TWELVE



THE 4 STEPS OF ALLOWING POLKA

CAUTION WALLS

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So here we are. We now know why we see the world as we do, how we can change perspective at will, and that our stories create our lives. We can feel like we are done. We got it! It all makes sense. This new perspective is clear. It is refreshing. It is possible!

This perspective change creates possibilities in our lives. We can do this. Yes! It feels good! We can choose wealth. We can choose success. We can find solutions. It is as simple as changing perspective. It all makes sense. We can choose! Life is good. Life is great! Everything is wonderful. It's so clear! The path lies out open and ready.

You take the first step. It feels good. It feels solid. Confidence arrives. The world is your oyster! You can live the life you imagine! It is laid out for you plain as day. It is all so possible. You can do this!

Then you take another step and another and another. It feels okay. It is a little more work than you expected. Your feet are moving, but your head starts to wander. *Can I do this? Is this right?* The thoughts begin to creep in. *It's okay*, you think. *Maybe I can do this. Can I?* And then you hit a snag. A problem occurs. This problem could even be as minuscule as an unreturned phone call or an unkind word. It may seem like nothing to everyone else around you, but to you it is massive.

Your forward steps stop. In an instant it all falls apart. You fall apart. A giant roadblock occurs right in front of you. A giant Caution Wall, a seeming ginormous impassable block stands in your way. The fears that have been lurking in the shadows see their chance and they pounce!

And suddenly it doesn't feel so possible. Somewhere there lurks the thought of insecurity. Somewhere there lives the land of doubt and it begins creeping in on you, in-cringing on your joyous hope. Before you know it, you are paralyzed with the fear, drowning in the doubt. It all seems so ridiculous now to think that you could ever be the one to do this seemingly impossible task. *Who do you think you are? How do you think you could accomplish this?*

This will never work. Your inner voices says. The inner critics arrive and there you are, back where you started.

“Great.” You say. “Now what?” Now it is time to face the walls.

FACING OUR CAUTION WALLS

Throughout your whole life there have been Caution Walls placed up in front of you, teaching you what was right and what was wrong, what was possible and what was improbable. They gave you definitions of who you were, what you were capable of, and what you could accomplish or be in your life. You have learned every day since birth (and continue to learn) that this is the way the world works and the way you are supposed to work within this world! Each and every moment, cause and effect, being told yes or no, do this or that, these blocks are built into your Tiny Little House from which you view the world. These are not just a block here or there, though. These are walls.

They came from your parents, teachers, family, religion, community, brothers, sisters, friends, coworkers, bosses, and spouses. They come from the all over the world. We grow up testing these limits, these boundaries, these walls, and in the process form our own opinions on what is possible. It then becomes our reality. Caution Walls are the biggest portion of our Tiny Little Houses in our Tiny Little Towns that has formed what we believe is possible in our worlds. It is comfortable. It is familiar. It is a boundary. It is a wall.

NEW VS OLD OUR INNER SEARCH ENGINE

Have you ever heard someone say they are unlucky in love? Do you know people who say all the time that bad things just happen to them? How about those that always have excuses and say they wish they could, but... and then give reasons upon reasons why it wouldn't work?

To radically change perspective is as easy as choosing it. It really is! Change your Story, see a New View, be who you are. Yes. You choose! You see a new reality, a new possibility for your new life, and it is! But then you take the steps to make it real and your brain begins to try to match this new experience, this new reality, into what it knows to be true from the old familiar history of your life. It begins to search for the same experiences as the new! It acts like an internet search engine, looking and searching for something that looks like this new choice you have made. If whatever you are doing now does not fit into the old of what you learned previously, the mind stops you. It gives caution signs. It puts up walls.

It says, “No!”

It says, “Danger!”

It says, “Are you sure?” It repeats again.

“This can't be true,” it says. “Nope. Haven't seen this before. It can't be possible. This new does not match the old. Cannot compute.”

The walls come up. The roadblocks to success and happiness show up. The Caution Walls are created. It stops you dead in your tracks. Just as you are on the cusp of creating something new, it all stops.

To create a 3D reality from what you can see in the possibility dream world takes a continual change in perspective and reworking of what you believe to be true about life, about others, about the world, and about yourself.

To do this you must go into your past beliefs, the boundaries blocks that built the walls of your Tiny Little House that have created to show you how the world works. One by one you must accept or reject them. One by one by one by one you must see the new, match with the old, reject or accept, and move on. Step by step the Caution Walls show up to be disproved or proved at every step. Block by block, belief by belief, they must be looked at, examined, and busted to form new. The new beliefs then integrate with the old to create new possibilities, new perspectives, and new realities for our lives! This is what growth is all about. This is what inner personal work is all about. That is why allowing is so difficult. This is why new is so scary. It takes so much work!

It is work! It is the simple, psychological work of rewriting the old beliefs with new possibilities. If the road you are attempting to travel, or perspective you are trying on, does not match with your former life or your former self, your Tiny Little House gets confused! Two plus two does not equal four. This “future you” you are presenting does not match the past. It does not compute.

CAUTION WALLS TRY TO PROTECT US

These Caution Walls (contrary to popular belief) are not there to hurt you. They are trying to protect you.

We learned what worked for us before and those patterns get set in our brains. You have created your Tiny Little House in your Tiny Town and that work is done. These walls are set, complete, as to what is familiar and safe. To create new possibilities means questioning those beliefs, testing those perspectives. The Caution Walls are the work we have already done to learn how this world works. We built those walls keep us safe in the world we grew up and grow up in. All the Caution Walls are trying to do is help us navigate the waters of life to get us safely across. They mean no harm. These road block Caution Walls have been protectors all along!

Don't run into the street or you will get hurt is a familiar sentiment. Do not run into the street = the roadblock Caution Wall. Or you will get hurt = fear, the pain, the consequence. It stops you from doing what someone (well intentioned usually) taught you (or you learned) would hurt or harm you.

When you attempt to change the routine, to do something unfamiliar, to go where you have never gone before, to live the life you dream instead of the life you have, your mind and body, your self naturally questions it. It goes into its data files of the past and questions and tests you along the whole way. Does this new match the old? If it doesn't, the Caution Walls come up.

The integration process of creating a new life is about recognizing the Caution Walls as they come up, finding their root cause, accepting or denying it as truth, and then integrating it into the new reality, and your new life, your new self. Does the new match the old? One simple question causes so many problems on our Path to Possibility.

TO CHOOSE IS TO ALLOW

Everyone wants the instant gratification of the instant manifestation. We are told, “Just allow it! Just be it! Dream it and you can do it!” It is billed as a quick way to make all our dreams come true. Shows, movies, books, seminars, courses, and even this book is a product of that longing we have for instant lotto, all our dreams come true feeling!

Changing perspective and story seems so great. They are! They are wonderful tools on our Path to Possibility. To choose is to allow. To allow is to let all of these wonderful new possibilities in! Problem is, our Tiny Little House has a say in allowing all of that in (even winning the lotto) and it isn't always on board with what we are sending its way.

Our wonderful imaginative I the Observer can see all the possibilities! It is where dreams are made of and visionaries live. It is a plane of possible. But to bring our visions, our dreams, our choices, and our new possibilities to life in this human physical world? It is possible. But it isn't easy and it isn't instant. Choosing is easy. Living it is difficult. It is a process.

The idea of allowing as if it is instant accomplishment is false. In order to even allow we have to prove it is safe to allow! We do this with a few more steps than just one. Allowing is not one step. It is four! It's a dance: The Four Steps of Allowing Polka! First we must Believe we can and the Choose it.

THE 4 STEPS OF ALLOWING POLKA

1. Believe and Choose

If you want to see the possible in each situation you must understand that yours is not the only reality that is real. We then must dream, see, feel, and know a new possible reality, a new perception, is possible. We have to use our imaginations! This is the time to dream. You can't live a reality you do not believe to be true. To believe we can, we can use a few of our other Possibility Tools.

Find someone who has done it before. Seek out a Stranger in Tiny Town mentor who has done what you have not. Choose a new story and imagine the ways you did experience this story before. Change your view to a New View using your imagination on how you can accomplish this dream. Look in your Tiny Little House and find ways you have survived and come out well! All of these tools help us believe we can and show us the way. And then? Then we choose.

We choose the new life, the new dream, the new possible. We take that class. We go on that date. We start the new business or move or love or travel or try something new. We choose! This is the exciting nervous part where you get butterflies in your stomach and feel like cheering! It all seems so possible. It is! We tell people about it. We dream about it. We write to do lists about it. We feel so confident, so alive. It is sooo possible! We choose it! But to live it? We must do it. And that means? Taking the First Steps.

2. Taking the First Steps.

To take the first steps to walk into a new reality is difficult. We instinctually know we are doing something different. Different feels weird. It can feel wrong. It goes against our Tiny Town blocks that our brains and bodies have used to keep us safe. The first steps can also be thrilling and exciting! It is freedom. It is possibility! It is filled with a mix of nervous energy, excitement, and adrenaline coursing through our veins. We can do it! It is such a great idea, a great thought, a great collaboration, a job, a sport, an event, a trip, a love interest. It is amazing and oh, so possible! This is it! We have it all planned out. We have every detail drawn out in our mind and we are ready. We take those first few steps. We can do it! But then? Then we meet the Caution Walls.

3. Meet the Caution Walls.

The Caution Walls will show up the moment we take the first few steps outside our comfort zone. It can be as simple as feeling butterflies in our stomach or queasy with fear. It can be as debilitating as a panic attack or even show up as violent anger. Mostly it is just a feeling of unease mixed with excitement. It shows up as doubt: *not sure ifs, maybe we can't, maybe I shouldn't's, why mes*, and so many other ways. It is simply our Tiny Little House search engine comparing the old with the new. The new does not match the old so it says, "Stop!"

Funny thing is, when it says, "Stop!" we ask, "Why?" And then? Then the Search Engine gets going. It brings back memories of all the times before when we were hurt, when we were left, when we lost, when we were not able to do this seemingly easy dream thing to do. It goes deep into the data base to find beliefs of unworthiness or reasons we should not. It digs up trauma and relives our past hurts as if they were today. It is the reason people talk of deserving and worth and value and all those other aspect of allowing that no one talks about at all.

Just imagine. Here you are, winning the lotto, and your Tiny Little House Caution Wall search engine is finding some random article you read years ago that said people who win the lotto are not happy, so suddenly you think you won't be happy and what would your mother think and who might come try take away your money or what if I buy this and don't buy that and what will people think of me! It's a constant barrage of Caution Walls as we attempt to create new in our lives. We have so much in our Tiny Little House walls holding us up in life to keep the familiar to keep us seemingly safe. Problem is, that which tries to keep us safe in familiar, is usually holding us back from moving into the new, which could keep us safer, happier, healthier, and more fulfilled in life! Ironic for sure.

This stage is best met with courage and knowledge that it is temporary. For some people they have less Caution Walls and just go through life in full confidence. Their Tiny Little House blocks may just have more stories of things working out for them or that they deserve it all because someone said so when they were three. They don't get stopped at all and bust forward into new easily. But all too often this is the phase that stops most from moving forward and creating a new reality, a new perspective, or a new life for themselves. The Caution Walls can be so good at their job of stopping us from changing what is into what can be, it often stops the process all together!

So how do we Bust those Caution Wall Blocks? How do we move past the fear into the possible? How do we make our dreams comes true and move past the first few steps? We must prove it. That brings us to...

4. Proving the New Reality is Safe.

To prove this new reality is safe we must do it. Over and over again we must face the new, replace the old, and continue on. This is the dance. Block by block, step by step, we must face our fears and doubts of old. We must look those nagging questions in the eye and give them new answers. We must refocus on the goal, on the dream, and take the steps to do it all over again. But when we do this? The new is no longer new! Our brains then pave new paths in our search engine data base that says, "This is okay." It takes down the Caution Wall and puts up a green Go sign!

This is how therapy works. This is how facing your fears works. This is why when your Tiny Little House Blue Blanket self feels anxiety over chipping a dish your mother yelled at you for when you were six years old, it is cathartic to go break a bunch of stuff in a controlled setting just to prove the world will not end if you do so! We bust those blocks by doing what we say cannot be done.

And then? Then we do it over and over again. You are here, doing it now! Simply asking Curious Questions about these Caution Walls of yours like *Why do they exist?* and *Do they serve a purpose anymore?* is doing the work. It is proving a new reality is safe. It is a step by step process. This step by step process that leads us into a new way of thinking and living life. But, how do we know we have done it?

NEW BECOMES SAFE!

When we get the insight or what people call their “Ah-Hah” moment, it can feel so good! It can feel exhilarating! We may even feel like telling someone or throwing a party, celebrating to mark this great accomplishment in some way.

But then? Then it gets quiet. Then we go about living our lives, wondering if we learned anything at all. The truth is that change is much quieter and much more subtle than busting a block ah-hah moment. Your ah-hah moments awareness do change you, but now the new is familiar so it all feels safe! It feels the same, normal. The Caution Walls become quiet. We have taught them the new is safe, so they shut up! That can make us think we have not grown at all. But we have. You have!

You do begin to live life differently! You do see things differently. You may carry yourself differently or talk differently. You may make completely new decisions without batting an eye. You may be more optimistic or confident. The things that used to drive you crazy may not anymore. People who drove you crazy may not anymore! You may be able to handle situations better. Your relationships may get better. Your anxiety may lessen. You may enjoy life more. You may even accomplish your great big goal! People around you may even notice you are different. It is a change. A big change!

WALKING THE WALK

But, we aren't done. We don't just have one Caution Wall. We have many. So each time we try something new? Yup. We get to do the Four Steps of Allowing dance again. Whether it is driving a new way to work or picking up your whole life and moving across the world, falling in love or having children, going to kindergarten or going to college, growing up or getting old, the process is the same. Believe you can, Take the First Steps, Meet those Caution Walls, and Bust them to Prove it is Safe. As much as our Tiny Houses and our Tiny Town selves want to keep us safe, life is full of risk. Life is full of new challenges that force us to grow and change. It is a never ending process of busting and rebuilding our houses to grow with us. Over and over again we do this each and every time new comes our way. We Take the Steps, we Bust the Blocks, and prove we can. We dance the dance.

Just like learning to ride a bike. We get on. We fall off. We get back up and get back on. We try, try, try again. We may fall down 109 times, but on the 110th time we ride. We dance! We do the 4 Steps of Allowing Polka. That which scared us before no longer does. The old scary bike is now our new found friend. It is now familiar. We know how! It is safe to ride. And then? Ironically? It then becomes easier to do because we now Believe we can. By doing the dance, we prove to ourselves that we can do it again. This is where confidence lives. This is where hope lives. This is where possibility lives.

It takes courage. It takes energy. It takes focus. It takes work. This is when we must dig deep and find that part of our personality that drives us, sustains us, and motivates us as we go. We must persevere! We must have within us some inner motivation to want to continue.

Like a toddler learning to walk, we must be willing to fall down, dig deep, and get the courage to stand back up and try again. We must find our reason why and stay focused on our goal as the Caution Walls test our fortitude.

Once we do take those steps to overcome the fear, however, we can prove to ourselves that we can walk! We can live in this new reality! We can move into a new perception and it will be okay. We will be okay.

Understand it is not your fault to not be able to change instantly! It is not something wrong with you to not be able to instantly allow. It is a natural step by step process that helps us navigate the world safely, so we can be around to experience all the wonders it has to offer and create new worlds to explore in life!

The journey of allowing is not linear. It is not quick. It is not easy. But it is possible. It is probable with perseverance. Perseverance, however, is also not one singular fits all either. It is unique and special to each individual. It is quite the personality. And that, is next.

