Dr. Robert Anthony’s

6 WEEK

“REALITY CHECK”

Your Journey of Personal Transformation

Please Note: These Lessons Are Free of Charge – My Gift To You!
Feel Free to Pass them On.
“REALITY CHECK” LESSON 2

The Demons On Your Ship

Imagine you are on a ship far out at sea. This is your ship. The ship is a metaphor of your life.

Below the deck is a vast horde of demons. These demons take many different forms. They include a full range of emotions including guilt, fear, anger, worry, anxiety and self-doubt. Some are memories of times you have failed, screwed up or have been hurt. Others are thoughts like “It’s too hard”, “I’ll make a fool of myself”, “What if I fail?”.

Some of them are mental images in which you see yourself performing badly or getting rejected. Others are strong urges to drink too much, smoke, take drugs or overeat.

Now as long as you keep your ship drifting out at sea, these demons will stay below. But as soon as you start to head towards land, they climb up from the deck below (your Subconscious) threatening to tear you to pieces and ruin your life.

Not surprisingly you don’t like that very much, so you make a deal. You tell the demons that if they stay out of sight down below, you will keep your ship constantly drifting out to sea. Your demons agree and everything is fine - as long as you keep your agreement.

The problem is eventually you get fed up drifting out to sea. You get bored, lonely, miserable, resentful and anxious. You see plenty of other ships heading for shore, but not yours.

“What sort of life is this?”, you think. “There’s land over there – and that’s where I want to be heading.”, but your demons down below aren’t particularly interested in what you want. They want to stay out at sea and that’s final. So the moment you start heading for land, they swarm up onto the deck and start threatening you again.
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The interesting thing is when these demons threaten you, they can’t actually do you any harm. Why not? Because they’re not real. They may seem terrifying, but they are an illusion you made up in your mind! You made up each and every one of your demons!

Now once you realize your demons are not real but an illusion that you made up in your mind and they can’t harm you, you are free. You can take your ship wherever you want to go. You don’t even have to get rid of your demons. All you have to do to reach land is accept your demons are above deck, not below. Accept that they are doing their best to scare the crap out of you, and then keep steering your ship toward shore.

At first they will howl and protest, but they are powerless because they’re your illusion. Their power relies totally on your belief in their threats.

But here is the other important point. If you are not willing to accept your demons; if you think you’ve got to try to keep them below deck in your Subconscious mind at all costs, then your only option is to keep drifting out to sea.

Of course, you can try to get rid of them by throwing them overboard, but while you are doing that no one is steering the ship of your life, so you run the risk of crashing on the rocks, crashing into another ship, or capsizing. Besides that, it is a struggle you can’t win because you will always create new demons.

At this point you might be saying, “I don’t want to live my life surrounded by demons. I want to get rid of them”. Well, I hate to be the one to give you this “reality check”, but you have no choice, and neither do I. And here’s why.

Your Subconscious mind is a survival mechanism. Its primary directive is survival. Survival usually means hanging on to what is familiar. It operates from the premise that the less you move out of your comfort zone, the safer you are. Whereas if you venture into unexplored territory and expose yourself to the unknown, it’s not safe.

So, as soon as you start to do anything new or make any changes, your Subconscious will say, “What if you fail?”, “What if you make a mistake?”, “What if you get rejected?”, “What will ‘they’ say?”. It warns you with negative thoughts and images accompanied by emotional turmoil.
When this happens, rather than sail for shore and go in the direction we want to go, we continue to drift out at sea. It looks like we are in our comfort zone, but that is not entirely accurate, because our comfort zone is actually where we are the most uncomfortable. Why?

Because we cannot have what we truly want while we remain in our comfort zone. From my point of view our comfort zone should actually be called our “uncomfortable zone” or the “the missing out on life” zone.

That’s the bad news. Now here’s the good news. All you have to do is remind yourself that your demons are not real. They are an illusion created by your perception. Your perception is like a special-effects department of a movie studio. Its job is to create a perceptual reality that looks real, regardless of the “facts”.

We can all think of times when we were sure we “knew” something was true or real and then later discovered it was an illusion. What this means is you cannot take your thought-generated perception of reality at face value – because it’s ALWAYS going to look real. That’s its job.

The sign of high-quality special effects is you can’t tell they are special effects. They look like the real thing. And trust me on this – your perception is the most powerful special-effects department in the world.

Now, since you are making this all up, and your perception of your demons is not real, guess what? You can let them do what they want! If you are sick and tired and tired of being sick and tired, you can tell your demons to take a flying leap overboard. They are only going to stay as long as you hold that perception.

Once you realize you have been using the special effects of your mind to make your demons look like they have the power to keep you from reaching shore, they lose all their power. More importantly, you can even let them hang around and do their thing without being bothered by them at all. And furthermore, if you keep heading for shore, you won’t just have demons on your ship, you will also have the Wisdom of Creative Intelligence for company.

Naturally, your demons will try their best to steer you off course. But here is the most important thing; the moment you realize your ship is headed in the
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wrong direction, you can instantly turn it back around and go in the right direction. All it takes is awareness.

You may be a long way from shore at that time. In fact, that is one of the tricks your demons will try to use to keep you floating aimlessly out at sea. “You are so far away from achieving what you want, what’s the point of going any further?” But here’s what you need to know. The instant you turn your ship towards shore, you will be heading in the right direction and you CAN achieve what you really want. However you will 100% never achieve the things you want if you are floating aimlessly at sea.

Of course, the shore you are heading for may be a long way off and it may take you awhile to get there. And sometimes when you get there, you may not even like it. No big deal. You can take your ship to another place because you are an experienced captain of your own ship. Nothing can stop you!

Remember, your demons are not real. You created your demons and you can keep reminding them they are not real. If people really understood this, it would put most psychologists and psychiatrists out of business! So don’t tell them I told you!

You may also believe that the most important thing is to reach the shore, but that’s not true. The important thing is sailing towards the shore. If you keep doing this, YOU WILL GET THERE! In the meantime, you can sail with enthusiasm and confidence and enjoy the journey!

TEST DRIVE THIS LESSON

Okay, let’s give this lesson a TEST DRIVE - not just read it and think about it, but actually put it into action. Are you ready?

This week when you are feeling anxious, upset, discouraged or worried, realize that those thoughts are nothing more than demons you are making up in your head.

Since they are your illusion you can remind them that, “I am making you up, whether you like it or not, we’re heading for shore”.

Then do something (anything – no matter how small) that actually moves you towards shore – your desired outcome. It will prove one thing to you – YOU
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are the captain of your ship, not your illusions (demons). Have fun with it and notice how good it makes you feel!

*Truly Caring for Your Success!*

*Dr. Robert Anthony*