CONTROLLING THE VOICE IN YOUR HEAD

Finding your higher self, listening to her, and creating true, lasting happiness in your life.
Hi, I’m Carly Pollack, and I’m here to guide you in your search for peace of mind and all things health and happiness related! I’d like to challenge you to erase all of your beliefs about how you see the world and how it does or doesn’t serve you. Instead, allow yourself to step into a new way of thinking when it comes to creating the life you truly want.

I suffered from tremendous anxiety growing up. I tried to control everything in an effort to feel safe. I became a perfectionist and drove myself crazy with constant worrying. I created so much internal chaos that it became unbearable. My mind was constantly on overdrive, and I had to find a way out. That is when I started using food and drugs as a way to control my mind. As you can guess, that created its own set of consequences.

I knew I needed a change, so I signed up for a meditation course. At one of our group sessions, I was rattling on obsessively about my worry of the moment. My teacher looked at me and with a calm intensity said, “Carly, you don’t have to believe everything you think.” It sounds simple, yet it floored me. I’d been listening to this voice inside my head for so long; I’d forgotten that I even had a choice about what to do with these toxic thought patterns. From then on, I started to question everything that I was thinking, and slowly it opened a spiritual path for me to re-write the story of every single thing I believed in.

Controlling The Voice In Your Head is an e-guide to help you start your path to stress elimination and gain total control over your life experience. It is the beginning of your search for the truth, that which enables you to reach a state of genuine mind and body freedom.

You have already taken the first step down the path. Get excited to make some changes - let’s dive in!

xoxo Carly Sue
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The Root of the Problem

At any given moment, there is some aspect of your life that you are struggling with. Either you want to improve your career, your relationships, financial status, or your health. **You are worried that you are not good enough, that you could fail, or that bad things will happen.** If that doesn't ring true for you, then you are on the flip side of fear. You have so much amazing abundance in your life, and you are scared shitless that it's all going to blow up in your face.

The minute something wonderful happens in our lives, that little voice in our head finds some way to turn it into a negative. I remember wanting a relationship so badly, then the moment I fell in love, I started to worry about something terrible happening to my partner. The moment you get the job you worked so hard for, you fear you won't do a good enough job to make a positive impression. Remember worrying if you were going to make friends in college, then making so many friends that you worried about balancing your social life with your school work? If you don't learn how to control the voice inside your head, this stress-inducing mental prison only gets worse over time.

One thing I can guarantee is that the narrative in your head, that incessant stream of chatter, is responsible for all of your unrest. Regardless of your specific desires, I know it's peace of mind that you want because **the end goal of all goals is to be happy!** Anytime you want to manifest something into your life, you are being driven by the believe that in having it, you will experience happiness.
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The problem is that our culture has given us a backward message.

It's taught us we must achieve to be happy. Have more, do more, become more so, you that can stress less. When Biggie Smalls says, "Mo' money, mo' problems," I interpret that as meaning "achievement without an inner spiritual practice causes nothing but worry." Yes, Notorious B.I.G was a hippie sage underneath all of those gold chains.

Have you ever thought about why you want to look great in a bathing suit? Doing so doesn't necessarily mean you are going to live longer. It's because in looking great, you will become more accepted and desired, and that will make you happy. There is absolutely no shame in that belief, and I am here to help you make that sexy beach photo happen! Disclaimer: There have been times in my life when I was really skinny but terribly unhappy (you know, that post-breakup, can't eat, life is over kind of skinny) and there have been other periods where I've been completely happy, and a little thick around the middle. So I know with extreme certainty, that deep in our emotional core, the two states are not intrinsically linked.

To create the life you want, you must do so from a place of peace, gratitude, and happiness. You can't fake it. If you want to achieve deep and fulfilling success, love, and abundance, you have to separate your mind (thoughts) from your heart and soul (your highest self).

Strengthen the Higher Self

For you to regain control of your thoughts, beliefs and emotional state of being, we must first take a closer look at your internal guidance system. There are actually two different voices
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guiding you, and although they both sound like you, one is a much pushier, more obnoxious version (and therefore steals most of your attention). This loud voice comes from your monkey mind, which I simply call “the mind.”

The mind developed as a way to protect us; it was a means of survival. It helped us avoid danger and kept us alive by constantly warning us of what could go wrong. As we have evolved as a species, the mind sadly has not. **Think of it as an outdated computer** that is so hard to use that it drives you crazy more than it helps you get things done. Now, I'm not saying the mind doesn't come in the clutch for life or death situations. I'm only talking about the other 99.999% of the time.

“The mind is an excellent servant, but it is a terrible master”

- Robin Sharma

The mind creates chaos through fear, judgment, comparison, and negativity. Its favorite diatribe is the one that convinces us of scarcity. We aren't pretty, skinny or rich enough. There isn't enough time in the day, there aren't enough good people in the world, and we don't have enough willpower to make things happen. Whatever the heck it is, there just isn't enough of it!

The mind's second favorite story is that something is happening or happened to us "that shouldn't be" happening (or "shouldn't have" happened). It convinces us that we aren't supposed to have problems, and when we do, the mind creates massive suffering. The mind is
excellent at dress rehearsing a worst-case scenario. The mind finds a way to judge and blame as much as possible.

If you aren’t judging someone else, then you are judging yourself. This constant commentary is the background of your every waking moment. From the minute you open your eyes to when your head hits the pillow, this damn thing does not shut up. Yeah, mind, I’m calling you out big time, and I’m telling you to take a backseat. And P.S., nobody likes you.

Luckily, there is a second guiding voice that comes from your heart and soul, otherwise referred to as your intuition, true self, or inner wisdom. I like to call this voice my "higher self" because it triggers me to think about what I would say to myself if I were holding myself in the highest regard. Find a name for this place of wisdom that feels good to you, and begin to call on this voice to take the upper hand. Your higher self comes through in a whisper, gentle guidance. It is always kind, compassionate and loving. This voice only lives in the present moment, and it is available to us anytime we can quiet the mind enough to hear it. From this place, we are never arguing with "what is" because we are living in the moment, making new decisions as they arise.
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Because your mind has taken center stage for most of your life, here are some ways to get your highest self to begin speaking up.

Next time you are in a place of mental anguish, prompt yourself with the following:

- What would love do? What would love say?
- What do I think my future self (20 years from now) would tell myself now about this problem or situation?
- What would I tell my best friend in this situation? What would be my sage advice?
- Could this mean something different? What if the opposite of what I’m thinking is true?

Being in the practice of listening to your higher self is the first step to taking control back from the mind. Witnessing your thoughts without giving into them, while stepping back and deciding what you choose to think is one of the most powerful tools you have for living a joyful life.

Practice Right Now:

Close your eyes right now (well, after you read these instructions) and place your right hand over your belly and your left hand over your heart. Take three slow deep breaths. Now ask yourself gently, “What does my highest self have to say about this issue I’m currently having?” If you can’t hear anything right away, simply say, “I’m willing to slow down my mind and make room for my highest wisdom to come through.”
Did I ever tell you that I grew up in Staten Island? It only took 25 minutes to get over the bridge into Manhattan. I was (and still am) obsessed with Broadway growing up, so my parents would take my sister and me into the city to see all of the shows, eat at all of the new restaurants, and check out the museums. One of my favorite things to do was to sit in a restaurant, facing the window and people watch. I would see a melting pot of fashion, attitude, and ethnicity. I was in awe of everyone's individuality.

I would make up stories about the people walking by. One was a famous fashion photographer on his way to a shoot. The other was a Wall Street financier meeting a client for lunch. The bohemian chick was a singer/songwriter trying to get her big break in the city. I would wonder what these people were thinking. Imagine in a busy city like New York, if while everyone was walking to get to where they needed to go, they said out loud what they were thinking in their mind. Can you picture the herds of people walking down the street, vocalizing the thousands of thoughts that ran through their head? As different as everyone looked on the outside, I bet their thoughts were disappointingly ordinary. The specific stories would alter slightly based on the person, but there would be a common pattern of thinking. We would hear fear, judgment, comparison, and worst case scenario thinking. We would hear stories only told from one perspective in a random and unnecessary monologue. We would notice that there wasn’t much space in between these rapid-fire thoughts and that they were mostly negative. We would witness the similarities of “the mind.” Think about your incessant stream of thought when you are in the car, the shower, at work. If spoken aloud, could we quite possibly diagnose you as insane?
What Are Your Current Beliefs?

Many of your day to day thoughts stem from a deeper, more subconscious belief system. Your beliefs shape who you imagine yourself to be, and help you make sense of the world you live in. These deeply ingrained theories come from your experiences, your environment, your life events and the people who influence you. If you had a parent who constantly struggled with his/her weight, dieted all the time and complained about their body, then you probably grew up with the belief that losing weight is really hard. If you experienced trauma of some kind, you would create a belief about being unsafe in this world. Someone who grows up in an affluent neighborhood will have a different belief system than someone who grows up in poverty. Your beliefs deeply affect the dialogue of your mind.

Journal Opportunity:

Think about a major life event that you have experienced. How did this shape the way you now see the world? Did this event create a positive or negative belief? Without this belief how would your life or actions be different today?

Anxiety has always been my emotional default. This isn't because I grew up in an emotionally destructive household, or because I experienced a major trauma in my youth. I was incredibly lucky to grow up in a loving and supportive environment. The tricky part is that you can create beliefs simply by witnessing other people’s experiences. You can watch a news story about a plane crashing, and create a fear of flying. Events don't need to happen to you for you to create
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a belief system around them. Your mind has the unfortunate ability to witness all of life's misfortunes and turn them into a "what does this mean for me?" scenario.

Why was I such an anxious person? My mother was an anxious person as well. Her parents were Holocaust survivors, and she grew up with a lot of strict rules. The Nazi's took my grandparents out of their homes in the middle of the night and brought them to the concentration camp where most of their families were killed. Because of that trauma, my mother was never allowed to go on sleepovers because my grandparents felt it was unsafe. That belief, never feeling safe, was projected onto my mother, and I soon adapted that belief as well. [This is a side point, but an important one. My sister grew up in the same household with the same experiences, and she doesn't have an anxious bone in her body. Have you ever wondered why you could have the same experience as someone else yet react so differently?

Everyone is born into this world with a life lesson.

This lesson is something specific they need to learn to become who they were meant to be. The Universe doesn't give you exactly what you want; it gives you exactly what you need to grow and live fully. I needed to suffer from anxiety to begin the path that has brought me to this very moment, teaching you how to minimize suffering in your life by taking control of your mind. My sister has a different life lesson, and anxiety isn't the vehicle of learning for her.
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“The primary cause of unhappiness is never the situation but thought about it. Be aware of the thoughts you are thinking. Separate them from the situation, which is always neutral. It is as it is.”

- Eckhart Tolle

Create a New Narrative

The more you control the voice in your head, the easier it will be to allow guidance to come forth from your higher self. If you have a dilapidated house built on a crooked foundation, yet it’s located on a beautiful piece of property, do you try to put up new walls, a fresh coat of paint and hope for the best? No. You tear that sucker down to the ground. Strip it of everything including the foundation, and then start from scratch. We need to break the mind down to its core beliefs, rewrite the code for which you see the world, and then build up from there. This requires a new set of basic beliefs, a new system for you to honor and practice.

Your new belief system can be entirely unique to you, and I encourage you to make this your own. In the many years of working with clients and what I have experienced from my own spiritual path, these five core beliefs have helped me live in a way that is peaceful and meaningful. Whether you love these five or make up your own, I encourage you to print them out and put them in a spot that allows you to see them throughout the day.
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FIVE CORE BELIEFS

1. Everything happens for me, not to me. There is meaning and growth opportunity in this experience.
2. Everything is unfolding perfectly at the exact time that it is meant to.
3. Out of this, only good will come.
4. The Universe is looking out for me and is conspiring in my favor.
5. I am enough, and I am loved.

Everything happens for me, not to me. There is meaning and growth opportunity in this experience.

You can't control what happens in your life, believe me, I've tried from all angles (and endured a lot of suffering from doing so). You can, however, control what these events mean to you. You have the power to create any story you want. You can say "this is the worst thing that has ever happened to me" or you can create a more positive and empowering narrative.

“When we change the way we look at things, the things we look at change.” - Wayne Dyer

Everything is unfolding perfectly at the exact right time.

We live in an interesting time where the world is at our (literal) fingertips. Social media shows us the highlight reel of everyone’s life, not the outtakes. One scroll through your Instagram feed and you feel behind. “I should have a boyfriend/girlfriend/better job/child/more money/bigger home/bigger career…” Believing that everything is unfolding perfectly for your life path allows you to take a deep breath and be grateful for the way that your own story is unfolding. You must
trust that the person you look up to now was at one time standing right where you are. There is nothing amiss here. Everyone has a different life lesson, a different path. This is your story, and it gets more beautiful once you surrender to it.

Out of this, only good will come.

You are most likely in the pattern of living your life in hindsight. You experience massive stress and emotional turmoil when something undesirable happens, and then years later you look back and say, “I understand why that happened.” Think about your first heartbreak. Were you completely lovesick, devastated and hopeless to ever find love again? How do you feel about it now that some time has passed? Shitty things are going to happen in life. It’s just the human experience. No one is exempt from the pitfalls of day to day living. Imagine being in the moment when the shit hits the fan and telling yourself that only good will come of this. This belief allows you to feel at peace, even while you are in the midst of chaos.

The Universe has my back and is conspiring in my favor.

Call it The Universe, God, Love… something bigger is guiding you (and knows even better than you do) what you need to experience in your lifetime. Personally, I don’t want to believe that it’s all up to me. That’s just too much pressure! I have peace knowing something greater is working its magic on my behalf.
I am enough, and I am loved.

You don’t have to be anything more than who you are right now. You don’t have to be richer, thinner, smarter, or more successful. You will feel most fulfilled when you wake up every morning with the desire to be better than who you were the day before. The only difference is the energy you bring to this appetite for more. Wanting to evolve as you come from a place of feeling enough has exponentially more power than wanting to be more to prove to yourself that you are enough.

When beginning to take control over the voice in your head, please be patient. Your first reaction will be to go to your default “survival mind.” Take a little space, and start to do the work. Call on your new belief system and ask your higher self for guidance. Have compassion for yourself in the process; you are doing the hard work of re-wiring yourself from a place of fear and control to love and surrender. This requires daily practice, but will ultimately give you the clarity you need to take action and live your life’s purpose. This purpose is nothing more than to awaken to your gift and share it with the world; to live in harmony with the flow of life and enjoy your adventure as it unfolds.
Take Your Health to a New Level

Are you ready to work one-on-one of the Nutritional Wisdom Master Level coach to help you take your health to the next level? Let me know here and we’ll take care of the rest.

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