

Inner Talk and your Inner Voices

Inner Talk: the subconscious software programming that runs your life

When you stop and listen to your Inner Talk you notice that there is more than one voice. Society (via family, school and culture) has programmed all of us with Toxic Ego Voices that are not our own. These voices influence us even when we are not aware of them. Identifying and naming these voices is the first step to liberating yourself from the prison of past conditioning. Conscious, creative Inner Talk empowers you to think your own thoughts and live a more conscious and creative life.

Your Toxic Ego Voice

Toxic Ego Voices construct a fictional self based on past conditioning. They run our life using outdated mental software (mostly composed of child and parent voices). Toxic Voices confuse us by projecting the past onto the present and future. They mislead us by pretending to be a voice of authority, someone who has our best interest in mind or masquerading as our true self. The basic toxic tactic is to split into two voices (Gloomy and Glossy) that pretend to be objective voices presenting two sides of the issue. Listening to these conflicting Toxic Voices keeps us stuck in a toxic mental state, traps us in a "Comfort Zone" that keeps us from growing, and can send us into a dangerous self-sabotaging spiral.

The **Gloomy Toxic Voice** is a cynical pessimist, the toxic voice of doom who says you are bad, they are bad, and bad things are going to happen. The **Glossy Toxic Voice** is an unrealistic, overoptimistic Pollyanna who sees things through rose-colored glasses and uses denial to gloss over real problems. The Glossy Voice inflates our ego, provides a false sense of comfort and security, and makes excuses for our self and others.

These Toxic Ego Voices are the voices of fear, denial, addiction, distraction, grandiosity, narcissism, resentment, shame, judgment, blame and guilt.

Since Toxic Voices are rigid and frozen in the past, they function in the present as anti-life forces that interfere with clarity and growth. Once recognized as voices of the past, they lose their destructive power and can be transformed into beneficial witnesses to traumatic and confusing past events we have experienced (but may not consciously remember).

In the realm of society, these are the Toxic Empire Voices based on fear, domination, greed, apathy and violence.

Your Natural Voice

Your Natural Voice is rooted in your body, heart and mind. It knows how to help you develop optimal health, emotional intelligence, healthy relationships and clear thinking. It represents a confident, supportive, realistic viewpoint. Your Natural Voice is like a Life Coach

who can help you with both the opportunities and adversities of life. Your Opportunity and Adversity Coaches cover the full spectrum of possibilities and are the original, realistic, helpful voices that later became distorted into the Glossy and Gloomy Toxic Voices.

Your **Opportunity Coach** is a creative voice that supports you in discovering your emotional truth: what you really need and want. It helps you feel confident, envision opportunities and achieve meaningful goals. It works with the Adversity Coach to help you develop a balanced perspective. Your **Adversity Coach** is strong and courageous and helps you deal with difficult and challenging situations. It is a troubleshooter who can identify potential problems. The Adversity Coach helps you plan ahead by developing alternate strategies in case things don't work out the way you hoped.

Your Sacred Voice

Your Sacred Voice symbolizes the spiritual, ethical and existential dimension of life -- our fascination with the ultimate purpose and meaning of life and death. It encompasses our yearning for inner peace, unconditional love and oneness. (You can translate Sacred Voice into your terms as Intelligence, Conscience, Higher Power, Soul, Universe, Nature, God). The universal message of the world's spiritual teachers is that separation from our sacred Source is the root of all our problems and fears.

Your **Light Angel** helps you tap into unconditional love, abundance, growth and universal life energy. It helps you live an authentic life as your true self. It allows you to discover your unique gifts, your moral compass and life purpose. Your Light Angel inspires you to enjoy and learn from each moment of your life journey.

Your **Dark Angel** helps you respond courageously to the dark times that are part of life. It helps you accept and surrender to what is beyond your control, to grieve your losses, and to grow from conflict, difficulty, illness and suffering. It helps you meet injustice and misfortune with courage and integrity (and without self-pity, hatred or blame). The Dark Angel helps you face your "shadow" and take responsibility for your mistakes, shortcomings, inexperience, ignorance and arrogance with humility and acceptance (and without toxic shame or guilt). The Dark Angel is not afraid of the dark and transcends the fear of abandonment and death. It empowers you to claim full responsibility for what you are creating.

In the realm of society, the Natural and Sacred Voices are the True Human Voices of love, peace, freedom, equality, justice, family, community and conscious creative evolution.

Your True Voice

As a Human Being you have the challenging mission of integrating your inner voices into your own unique, authentic personal True Voice. Your True Voice helps you meet your goals, live your life purpose, express your love, and let your light shine in the real world.

Four Principles of Creative Inner Talk You can create healthy Inner Talk that is guided by these four principles:

Truth. Telling the truth, the whole truth and nothing but the truth.

Love. Talking to yourself in a loving way that increases your joy, self-esteem, self-confidence and your compassion for others.

Peace. Communicating in a way that helps resolve both inner and outer conflicts and allows you to experience safety and inner peace in the present moment.

Power. Using Inner Talk that energizes and empowers you to respond effectively to daily life, meet your goals and turn your dreams into reality.