

# Bust Your Funk Tools

I know it sounds easy for me to say you can bust your funk anytime, anywhere, anyhow. I can assure you it's not as easy as I make it sound here or it certainly wasn't in the beginning but with practice it can become second nature for you too. I remember a time when it seemed impossible and quite frankly, it was the last thing I wanted to do particularly when what I was experiencing was less than enjoyable. In the thick of my funk I mean! Busting your funk requires tools and over the years I have discovered and created a few high quality tools that can be successful. Here are a few of my favourite and most useful tools that have helped me over the years.

## **Tool #1 - Asking the questions "what happened? and What did I make it mean?"**

The basis of all our experiences begin with "what happened?" I mean *what actually happened?* It's quite an interesting process when you dissect what happened into non-emotional parts. It creates a clarity in the moment that I am always surprised by and I have to say I am in awe of the process.

What I separate "what happened" from "what did I make it mean" it drastically changes the outcome for me and creates the possibility of something great and a new outcome. What do I mean by this? Here is a story of an experience I have carried around most of my life and when I used the tools of asking the questions I discovered new perspective on the subject!

***The story that held me back in life is: no matter how much I want it or how hard I work for it I will never have enough to enjoy life as I want to enjoy it. Never enough money, love, attention, appreciation, on and on and on. I will struggle for the rest of my life because I'm not good enough and I don't deserve to have the things that I want in my life.***

Imagine going through life with this message controlling you? I'm sure you can, it's one that has a

hold on many people. It has held me back most of my life and it no longer has a place in my life because I used these tools to uncover what I couldn't see.

What happened?

When I was a little girl I was told, mostly by my brothers, that I was spoiled and selfish. They made a point of telling me that I didn't deserve the things that I had and for many years I was reminded that I didn't think if anyone else but myself. Typical brother sister stuff really but the effect this had on me growing up created a person who proved them to be right or so it appeared. What I discovered later in my years is I made this to mean that I didn't deserve to have money and no matter how hard I worked for it I would always struggle to have enough to support me let alone provide for a lifestyle I wanted to live. I discovered in all of this is that it was impossible for me to be a person of service to others and selfish at the same time and because I see myself as being of service to others I am definitely not selfish. When I started looking at what I wanted money to buy I realized that my list of things were not things at all but a list of wishes for other people and I discovered that with more money I could do more things for others! What a discovery! I believe this was one of the biggest gifts I have found to date and certainly one of the most liberating.

## **Tool #2 - Walking and asking more questions**

One of my favourite tools is going for long walks, alone and usually in the forest or on the beach. Spending time alone with my thoughts without distraction other than nature itself. To start the process, depending on how stuck I feel, I will use one or two techniques to put me in the right frame of mind to start mining. If I'm really stuck I will start with looking for and noticing the different shades of green I see in the forest or look for a certain colour of rock if I'm on the beach. This exercise is meant to and very successful at quieting my mind through distraction and it works every time. Maybe it was my upbringing as a child raised on the Sunshine Coast, I find both the forest and the beach therapeutic and effective in preparing me for the questions I'm looking for answers to. You can modify this technique to fit your surroundings no matter where you live in the World. If I'm not particularly stuck and I'm ready to hear the answers to my questions on my walk I will use the second tool given to me by a person I met in passing. He said, "when you are asking

yourself a question begin by verbalizing a full breath "hmmmm". A full breath hum begins with a deep breath in, held for a second then let out verbally with the sound hmmm.

The vibration centers your body and mind preparing you to hear the answers to your questions. I felt silly the first time I used this tool but quickly realized that it worked and I continue to use it to this day.

### **Tool #3 - Sharing my experience with others.**

I can't tell you how important this tool is and I encourage you to use it often. I don't have many people in my life I trust to share my deepest thoughts with and I'm willing to share my experiences with you as you read this book. Experiences are different than thoughts and in my experience sharing experiences is both enlightening and therapeutic in nature. The people you share with will also be able to help you see things that you are unable to see. What do I mean by this? Consider that the way you experience life is controlled within your sub-conscious and the frustrating thing is you can't see what is there. What's worse is other people can see what you can't and most of them are too scared to tell you what they see in fear of making you angry. Yikes! You know those experiences when you are the last to know and it appears everyone knew but you? The next time your friend provides you with insight, take it and think about it before you get mad at them for sharing. They are helping you dig for insights and you should thank them for their support. Ha ha I can't say as I have always followed my own advice here and when I did I received great gifts and the reward I felt for genuinely thanking them for sharing always felt empowering to me.

### **Tool #4 - Journaling my experience.**

Keeping a journal is a must because it's the only way to keep the facts straight over the years. Like all great stories they have a tendency to grow and stretch each time you share them and depending on how many years you share you can imagine how your story might be a tad "different" than what really happened. Accuracy is important particularly and I have many journals. Each journal hold years of thoughts, experiences, hopes and dreams and now they are the resource for books in my future. I've heard people say "there is a book within each of us" and I believe it! It's not the first time that I have had the words to a book creating chaos in my mind but this book was more than a flurry

of words it was insistent that I wrote it and it forced me to get out of bed and create the outline one morning. Perhaps it was because I listened to a webinar about writing a book put on by my friend Suzanne Doyle-Ingram or because I had been listening to Brendon Burchard, creator of Expert Academy, telling me to write the darn book, all I know is I woke up one morning and I had to write a book! The subject matter was very clear to me at that moment and the clarity of my experiences came from my journals, without them who knows what you would be reading right now?

**Tool #5 - Acknowledge the bad (if it exists) and listen for the good (when I hear it from within and from others)**

It's so easy to see the bad in a bad situation and once you are in the habit of seeing the bad in a situation and working through it something happens in the process. We try to get through the process as fast as we can, or at least that's what has occurred for me. The problem with this is I don't acknowledge the bad in the situation and taking a short cut through the natural process doesn't work. I know because for the longest time I got caught in this nasty little habit of shortcutting. It's a natural tendency and I have stopped beating myself up for using it. Instead I have learned how to acknowledge the bad, be with it through the process and find myself getting through it faster. Final words – there are no shortcuts worth taking on your journey through life, live your life to it's fullest to really appreciate your time in this world.

I share these tools with you in hopes that you will find value in them as I have. I would love to hear from you and to hear about your experiences as you journey through your life. Feel free to drop me a note on my website at: [www.ptbestsolutions.com](http://www.ptbestsolutions.com)

Ciao for now,

Lisa