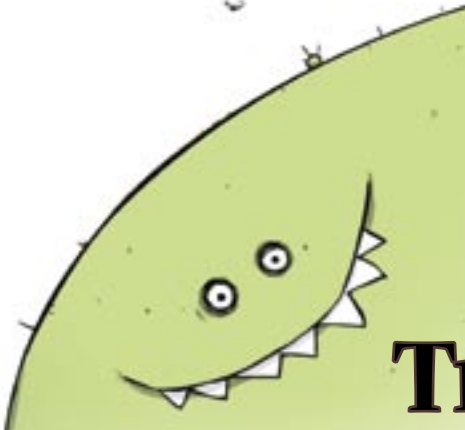




Everyday Spirituality

by Colleen Foye Bollen



Triumph Over Doubt

Taming the Inner Gremlin

A couple of years ago, I put all the theories I had been reading about the art of manifesting my dreams to the test. My main focus or intention was to build up my healing practice. Employing prayers, visualizations and affirmations, I spent time every day picturing people interested in participating in the healing process learning about my practice.

Then out of the blue, a few weeks after beginning my experiment, I received a call from a newspaper reporter. Her opening words were that she wanted to write a story about Jin Shin Jyutsu, an ancient Japanese healing art that I am certified to practice. "Can I come by your healing arts studio and observe you giving a treatment, then interview you?" she asked. I immediately said, "Yes."

As the reporter and I began working out the particulars, my insides were dancing in

jubilant. What a stroke of luck. An effervescent feeling of joy bubbled throughout my body, from my toes to the crown of my head. Then, out of the blue came a tiny voice of doubt. Was this call a hoax? Was this woman really a reporter or just someone masquerading as one?

Once that tiny voice cracked open the door of skepticism, my bubbles of happiness popped and I spiraled into the murky realm of skepticism. After doubt had its foot in the door, its good friend, self-criticism, snuck in. Within 30-seconds, instead of celebrating and giving gratitude for the manifestation of my prayers, my thoughts began fluctuating between doubting the woman's journalistic credentials and my unworthiness as the subject of a newspaper article.

Finally, after stewing in doubt I heard my inner voice of wisdom speaking louder than the chatter of suspicion and self-doubt. "Stop fretting. Sit quietly and do some deep breathing," it said.

When I followed that advice and really listened to the critical voice chattering in my head, I was stunned. Why was I allowing it to take control of my emotions and

steal my joy? What purpose was served by believing the negative chatter instead of celebrating?

I call that critical voice my inner gremlin because it constantly tries to dash my hopes, kill my dreams and instigate negative self-talk. The best way I have found to override its influence is by taking action.

To satisfy my gremlin's skepticism I googled the name of the reporter and found she had legitimate credentials. Then I dug into my mental toolbox for techniques on how to tame my gremlin.

Reviewing a list of

gremlin taming techniques I collected over the years, I found two practices that helped me turn around the situation. Number one was changing my self-talk by converting negative comments into positive statements. For each negative idea that my gremlin planted in my mind, I recited three positive statements about the upcoming interview and myself.

My second step was to do a reality check and look

Continued on Page 10

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