

## Do you have lies in your filter?

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Knowledge is a great thing. Knowledge is power. Knowledge is a door into limitless possibilities. We have tons of it and hopefully never tire of getting more. But what do you do with your knowledge?

Since relationships are *my thing*, let's talk about those. Do you know how to be a good partner? Do you know the steps that you *should* be taking in your relationships to make them healthy ones? Do you know that being kind and gentle with your words is a way to demonstrate respect? Do you know that being overly sensitive and angry will be destructive to your relationships? Do you know how to show love? I believe that the answer to these questions is, YES, you do!

I have a database in my brain FULL of great relationship guidelines which I readily share with others but lots of times, I don't use them in my own life. Have you ever known the right way to do something but then done it all wrong? I read great relationship books, I attend conferences and well.....I direct a seminar that teaches others how to do it right. But, I'm still Dana and I still don't always do what I know I should in my own relationships.

So if we have all this knowledge why don't we use it .... all the time? I have a theory.

Our head (brain) is where our databases reside. We have TONS of knowledge housed in our head that tells us how to do things we need to do in our lives. We K N O W what to do.

Ok so that's our head. When we truly live by our own beliefs or knowledge, that is when we transfer our knowledge to our hearts. The heart is your "verb" organ! It's where your thoughts, beliefs, passions and knowledge come to life. Knowing something is one thing, but living it is another. When we truly embrace what we KNOW, we live it.

So why do we have so much knowledge that we don't put to use?

I believe it's because somewhere between our brain and our heart is a filter that ALL of our knowledge must pass through. Our insecurities, doubts and fears can often get stuck in that filter and when it does, our knowledge has to pass through all that muck. Another word for doubts, fears and insecurities.....LIES. When we filter our knowledge through the lies of, "I can't", "what if I fail?", "I deserve more", "I don't deserve more", "I'll never get it right", "he/or she doesn't love me anyway", "I am not worthy of happiness", "what if I try and get hurt?"

Do you remember the movie, The Wizard of Oz? The lion, the tin man and the scare crow went on this great journey to gain their desires. They laughed, cried, sang and danced their way to the land of OZ so that they could finally fix their deficiencies with the help of The Great OZ? So down the yellow brick road they went and when they got to The Great Oz, do you recall what they got from him? You're right, they got NOTHING! All that they needed, they already possessed. In fact, they were so blinded by their own lies, they couldn't even help each other! Their own doubts (or LIES) made them completely ineffective in their relationships with each other! Once, they got the lies out of their filters, they realized that all three of them was just the way they were supposed to be! All they needed was the truth that was inside them all along!

When your knowledge gets sifted through lies then you will find the reason's not to use what you know, just like the characters in Oz. In the end, when you fail, you feel like your lies are reinforced and therefore, they MUST be right. But they aren't! The trick is to get the lies out of your filter and the only way to do that is to begin replacing your lies with the truth!

What is the truth about you?

Do you deserve the best?

Do you know how to listen and show compassion?

Are you capable of being who you want to be?

Do you have passion and purpose?

Ok, now i have ONE disclaimer: When you learn to get rid of the lies and live by the truth and knowledge you possess you will sometimes still get hurt anyway! But don't let your hurt cause you to put lies back in the filter! We will fail. We will do things wrong. So will your partner. So what? The truth is still the truth.

Each time you find yourself full of doubt and doing things exactly the way you know you shouldn't do them.....replace your lies with the truth! You'll find richer relationships and you'll start to see that you CAN reach your full potential.