

## Welcome to the Naked Eye Podcast with Debbie Fang

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# Naked Eye

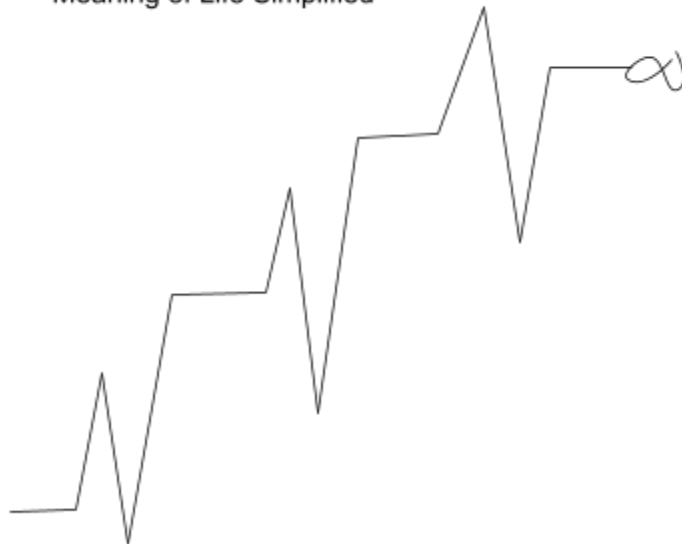
## How Do We Break Free From the Need to Be Somewhere?

### Open Conversation - A Concept So Hard to Grasp: Time & Achievement

- **I) Finding the Roots of Why**

- a. Why Do We Compare? Why Do we feel the need to be somewhere?
  - i. Is it bc this Human Mind Body Spirit Complex stimulated by growth?
  - ii. Meaning of life?
  - iii. Humans: social creatures?
  - iv. Just gotta learn to balance it out?

#### Meaning of Life Simplified



- **II) Observe the Emotions that Arises When We Compare**

- a. Sadness / Behind / Self doubt...

- b. Layers of sadness
  - i. Not thinking in black & white
- c. Allowing self to feel, then pulling ourselves back up
  - i. What's important:
    - 1. Knowing how to recenter, ***knowing where we draw our strengths***, knowing what makes us feel alive
- d. Understanding this is a never-ending journey: Feelings we feel
  - 1. Noticing when ego comes up & finding balance between wanting more and being content
    - Best Practice: Gratitude



Difference between suppressing / avoiding and healing?

**Take time to create, focus on the next steps** and what you can do MOVING forward.

- **III) When Feelings Arise,**

- a. "I'm this age, I haven't done this, or I should be doing this or 3 years have passed I still haven't achieved."
- b. We either do something with the feeling or we don't
  - i. Rest / Feel
  - ii. Action:
    - 1. Small consistent action
- c. What's already happened has happened,
  - i. Let's look back and learn. Diagnose. Keep trying.
- d. **Imposter Syndrome:**
  - i. Others are showing us that there's a way
  - ii. Knowing they're placed in our life for inspiration to create
  - iii. Creating own energy / passion / emotion

- e. **All we can do:**

- 1. **Allow ourselves to rest, consciously**
- 2. **Focus on what can be done NEXT**
  - Little consistent actions i can take
- 3. **Creating YOUR WAY instead of copying / others voices**
- 4. **Align with self & taking time to create, recenter.**
  - What is my focus?
  - What is that I want to create? What am I creating?
  - What are my intentions?

- **IV) How Do We "Move Pass"**

- a. We won't ever move pass the feeling?
- b. Take it as a reminder for us to refocus on what we are creating
  - Take Time to Create. Recenter. & Allow yourself to rest if needed.
  - Know where you draw your strengths

**Action Item:**

- Practice the balance of wanting more and being content with what you have / who you are: Gratitude
- Embody the concept: When feelings arise,
  - Take it as a reminder: what can I focus on next?
  - Am I taking time to create, recenter or allow myself to rest if needed.
- Know where you draw your strengths

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"Don't look out. Look In.  
Learn patience, practice stillness, befriend the emotions.

***Know where you draw your strength when you're not in control."***