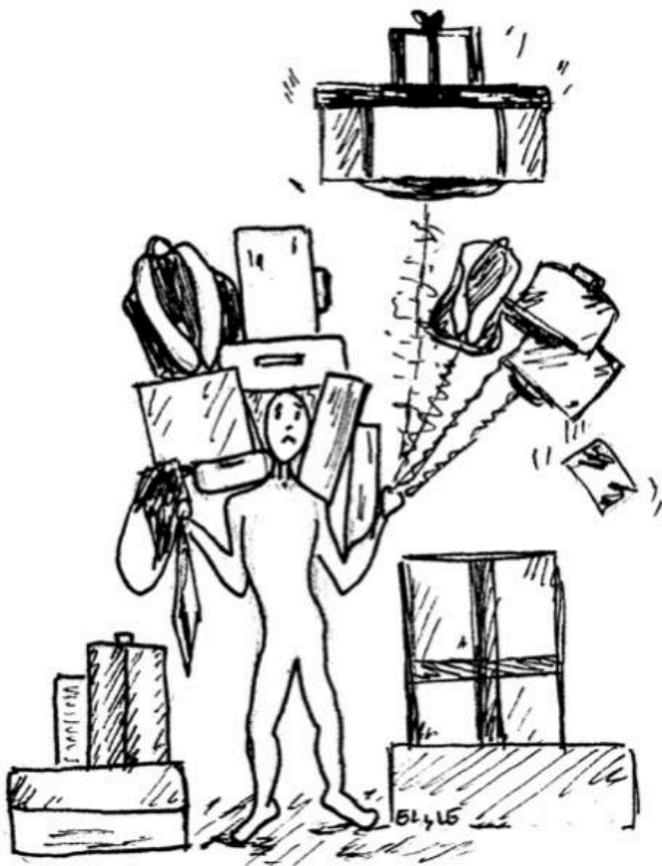


From Silenced to Speaking Out

What's keeping YOU from Speaking Out?



Lady Lexy

Excerpt of “Uncovering your Mindsets” meant as reference for the mini course “From Silenced to Speaking Out 101”.

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INTRODUCTION

In this excerpt of the Book “Uncovering your Mindsets” 5 chapters are included. The first three are part of the journey and the last two give a theoretical explanation.

For the mini course “From Silenced to Speaking Out 101” we focus on the following topics:

- 1) Being Silenced. Say What?
- 2) Why remain Silent? Why Speak Out?
- 3) Being Silenced No More... How to...

The videos you are about to receive which each module will reference this excerpt, with the goal of making you both aware and especially more comfortable around Speaking Up and Speaking Out.

If wanted the whole book can be purchased through Amazon.

SOME NOTES TO THE READER

Every single person has built up a certain amount of baggage during his or her life. Some of this is useful and needs to be held onto forever, other parts have become a huge burden. I want to ask you if you are aware of any of these burdens, better known as survival mechanisms or mindsets. Some of these mindsets are helpful, whilst others will work against you.

This book is about a journey during which we become aware of events from our past having a lasting effect on us and as such slowing us down. We find out that we do not have to lead our lives the way we do, because of these events. On the contrary, we can decide right now to see things in a new perspective and start acting accordingly from now on, forever more.

In order to make this a success, it's important to become aware of everything that's holding us back and what it is we need in order to achieve what it is we want to be or want to do. Let us take a closer look at our goals and the reasons behind these goals. Is this a goal that's supporting you or is it a result of unfortunate circumstances, not helping you out at all?

To help you reconnect to your inner child and relive your unconscious memories, a lot of expressive language has been used, with the purpose of having emotions and feelings resurface again.

Every person will have a different journey, since everyone has had a different walk of life. Some of you might enjoy traveling by train and will always use the same routes. Others of you might abandon these tracks and start to fly and view the world from a bird's eye view. Maybe you like to make these journeys on foot, so you can absorb everything in your own time and in your own pace. Whatever your choice might be, it's about experiencing and living this journey and then becoming aware of how this will help you in your life to come.

Enjoy!

LONG LOST MEMORIES

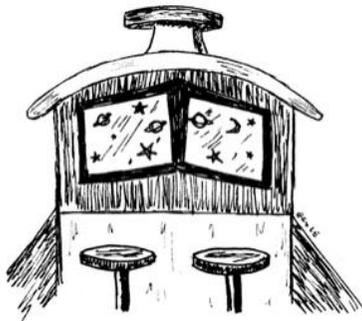
One by one I take out all the bags and the suitcases from the rack. It seems like it's going on forever. While collecting all these bags I notice labels are attached to each item.

When looking more closely at the labels, it's like I'm watching short movies. Each label has got a movie of its own. I decide to watch one of these movies a little more closely. I install myself on the couch with the first one that catches my eye.

To my surprise I'm being taken back to a moment in time when I was still a young kid. *"I'm playing in the sandpit as suddenly other children come running up to me. They want to play in the sandpit as well, not considering at all I'm already there, playing in that same sandpit as well. Before I know it, all my toys have been taken away from me and I'm left with nothing to play with anymore, except for the sand. I do not get the chance to think about this or react to it, because the very next moment someone is picking me up from the sandpit and carrying me into the house, out of the sunshine. It feels like being punished for having those kids taking away my toys!"*

I grab another suitcase. Again a movie is shown on the label. *"I'm at the playground at the schoolyard. In the midst of the playground is a magnificent device. It looks like a tiny little train and every time I start to move, it goes either from the left to the right or from the back to the front.*

I feel a rush going through my tiny body as I'm sitting in the train. This time however I do not get the chance to enter the train. All these kids are running past me, getting in before me. I feel like I've experienced this before, but I can't tell when this had happened.



At this moment all I can feel is frustration and disappointment. I wanted to get into that train and go onto a journey of dreams. Instead, I have to look at these

kids screaming and yelling at one another, pushing each other sideways in order to sit behind the wheel. When the bell rings all kids are rushing off as quickly as they came running up here. I decide to go into the train, even if it's just for a little while. But when I try to get into the train I hear the clicks of my teacher's heels. She grabs me by the hand and tells me to go inside. I then get to realize I missed out on this amazing journey of dreams. It feels very sad, 'cause it's like I've missed out on a wonderful opportunity. In stead I have to get back into the building, feeling robbed of all freedom."

A number of movies go by. Each of the movies contains memories of special moments being taken away from me, maybe even being robbed of these moments. Could it be, I *let* this happen to me? Looking at the suitcases they no longer seem that inviting to me. I feel like I've got a lump in my throat and there's a bitter taste in my mouth. Realizing this, the train starts to come to a hold. Again a message is being played. This time it's meant for me. They want to know what luggage is holding back the train from gaining speed. If we want to reach the stars, we can't afford to be held back.

At that moment I understand I do not want to be held back any longer by others. Before I know it, I decide to get rid of these suitcases. Whether this message was truly meant for me or not, I'm going to take advantage of this opportunity to dump all this garbage. I'm never going to be held back anymore by anyone *ever*, unless I think it's a sensible and wise thing to do. From now on, I'm going for my own freedom!



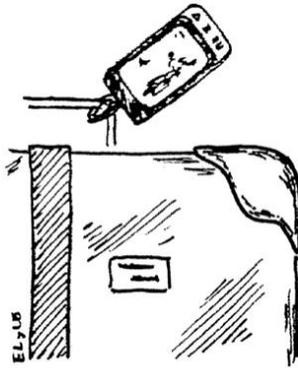
FREEDOM

At the same time, I understand that to me freedom is *more* than I've just written down. It's also about being able to let my dreams come alive. Thinking this, I start to wonder what it is I always have wanted to do.

When I close my eyes, I go back to the days when I was just a little kid. I loved being able to think of new games and activities to entertain myself. I was always good at making stuff up and then have it come to life. Then I realize, I've been missing out on this for a long time. I hardly do anything creative anymore. There's no creativity at work, no creativity in my spare time and at home it's also pretty boring. I know I'm not really like that, I'm much more adventurous!

That same instant, I vow to document this trip to the stars, once I get home. People may think it's a weird story, but I don't care. It's my story and if I get to inspire just one or two other people, I've already accomplished my goal. Next, I start to look for some writing equipment in my bags.

To my surprise I find just about anything, except for stuff to do with being creative. What has happened to all my pencils, markers and sketchbooks? There isn't one single marker or a sheet of paper. Nothing at all!



Attached to the suitcases are all these labels that literally represent burdens. They consist of tasks being asked by others to carry out for them. Some things with regards to private stuff, others involving work. I now wonder if these things are really that important to these other people. These labels also show short films of situations when I let the other persons go first before me, just to please them. I've never questioned what it is I would have liked to do. I only wondered about what it is the other person would want.

For some unknown reason, everyone around me has considered everything I've done up till now as normal. And the worst part of it is, that if they had done all these things themselves, instead of asking me, it would have cost them a lot less time and worries. It would have given me so much time to finally do things for myself I've been wanting to do for such a long time, like being creative for instance.

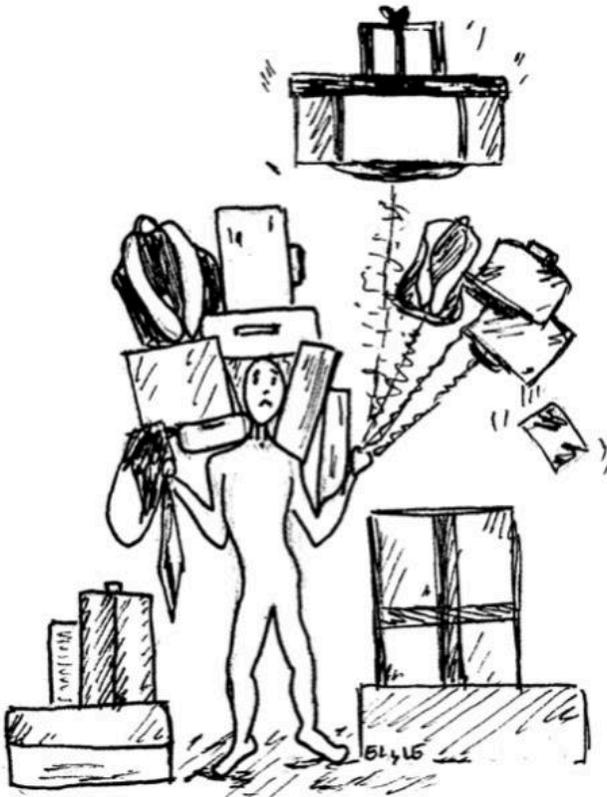
From this moment on, I decide I won't be picking up things for other people anymore, simply because they ask me to. From now on I'll ask myself first whether I have any time or not and if so, what would be needed to help the other person out. If I want to consider helping others, I should have enough energy myself. I can only have enough energy if I start listening to myself and start doing fun (and important) things *just* for me!



A CONFRONTATIONAL DRAWING

Sandy must have heard me somehow, because the door opens and she sits down across from me.

Sandy looks me in the eye and asks me how I'm doing. She continues by asking: "What do you need in order to make your dream come true?" I do not know and I explain this to her. Can she help me find out? Sandy gives me a big smile and says: "But of course I can help you! That's what I'm here for." She opens a door in the wall behind the couch and grabs a large piece of paper. It's amazing to discover what's hidden in this train. Sandy puts the sheet down on the table and starts drawing. She then starts to talk.



She explains me about this journey. At first, she's drawing all my suitcases and bags on the right side of the paper. Then she starts to draw me below this pile of luggage. I'm carrying this immense load on my shoulders. Oops, that's hard to look at. The way she's putting me down on paper, I almost start to succumb

beneath this load. I'm not trying to keep plates up in the air, which is already hard enough to do, no... I'm carrying complete loads of baggage. Oh no, look... the plates... While one hand is holding the luggage, the other one is trying to keep those plates spinning. Then she starts to add words to every plate. The words are related to my work, my family and friends. Then Sandy adds more bags and suitcases on top of the plates I'm holding, as to show me the burden being the result of wanting to keep everything running smoothly. Slowly, I start to understand what she's sketching. All of these actions have immense impact on my life.

I'm starting to understand what I want and need to change in my life. From now on, I want my freedom. I want freedom to do whatever it is *I* want to do. I want freedom of movement and also to have time for myself. I'm going to stop making promises to others, especially if they can do it as easily themselves. If I should be able to carry out my promises, it will cost me all the energy I have and as a result I won't have energy left for myself. That can't be right!



SURVIVAL MECHANISMS

Explanation:

Whether you will respond to triggers by undertaking concrete actions, has everything to do with your mindset. Do you feel it's optional you could change? Or won't you even make the slightest attempt, 'cause you don't think it will ever happen anyway?

Mindsets have originated at a young age when you weren't able to rationalize things in a logical manner. As a result a mindset or survival mechanism has been linked to an emotion, rather than a memorable event. Having been stored in the subconscious part of the brain, it cannot easily (if at all) be accessed in a logical manner and it rarely leaves you with any recollection of it when growing up.

Our brains start to develop when we're still in the womb. While growing up, connections are made, we learn to recognize and respond to impulses and at some moment we learn to interpret certain events. It's take till about 7 years of age before we are able to start understanding and categorizing events and putting them in perspective. Once we start going to school this process starts to evolve.

Our first impressions and experiences are taking place well before the age of 7 years old. As a result we react based on primal instinct, since we cannot adapt any logic during that age. This (primary) reaction is now linked to an emotion, consistent with what we experienced at that moment. As a result any time a similar event happens, this emotion can surface and this primary reaction is being (re)activated. Even when we're older, we'll still be reacting based on this first (emotional) experience.

When we start to get older (and wiser) we start to become aware of these mindsets or survival mechanisms and that they do not support us any longer. As a result, we would like to get rid off these mechanisms. The strategy we have been applying time and again has been based on the amount (or better yet lack) of logic we had when this mindset was created. It hasn't improved when developing our other skills and knowledge and as a result it's holding us back. You may start to have certain desires and wishes to start changing things, but experience that it doesn't seem to be working optional, since each time you try, you seem to be held back by yourself.

In this book:

A number of situations are mentioned in this book that create and sustain certain mindsets:

- Playing in the sandpit;
- The train at the schoolyard.

When our main character is playing in the sandpit, his or her game gets cruelly interrupted by the presence of other children wanting to play as well. These kids are probably not aware they are interrupting, but in fact, they do. Next they take away the toys, so they can play with it. Our main character then is carried inside for protection. The lesson our character has learned is that when others arrive, they can do about anything. They do not get punished for their actions, it's our character who has to endure being carried inside, while the sun is shining outside.

The same thing happens while wanting to play inside the train at the schoolyard. When our main character finally gets the chance to ride the train, he or she must go inside again.

Questions:

- Are you convinced there are certain things you will never be able to achieve?
- Would it be possible you think this to be impossible 'cause something seems to be holding you back?
- Might it be possible that whatever is holding you back, could be caused by something you have experienced back in the days? If so, are those thoughts really true?



CHANGING YOUR MINDSET

Explanation:

When you feel agitated a lot and you decide you need to change things, the time is right to start working on your mindset(s). If you want to change certain mindsets it's important to ask yourself:

- What bothers you (most);
- What is it you would like to change?

The moment you make the decision to start doing certain things in a different way and to act accordingly, you've already started changing your mindset. You now start to understand your old mindset no longer works optimal for you (if working at all) and as a result you can determine how you want to respond. When you think about what you want to do exactly, you can start to and keep adjusting what it is you want to achieve, until it feels okay.

In this book:

In this book our lead character has decided to no longer put others ahead of him- or herself. By doing so in the past the main character didn't have any time to do things he or she wanted to do. There wasn't any time left to do fun things. Our main character also concluded he or she wanted to be more creative and assist others finding out what they would like to do. Our main character would still be helping them, but in a different, more supportive manner.

Questions:

- What convictions do you have you want to hold onto?
- What would you like to be different?
- What would you like to get rid off completely?



ABOUT THE AUTHOR

Lady Lexy is a Mindset Trip Influencer.



She gives people a voice, especially those who are not seen, heard and/or understood and who come last. Her mission is to have people change their story to a powerful one, learning to speak out instead of turning inwards, harming themselves and/or others.

Are you someone who has difficulty voicing yourself and who rather prefers to keep quiet as opposed to speaking up and when necessary speaking out? Then this book is a must-read for you.

This book initially takes you on a journey, during which memories start to surface about dreams and events that have made us into who we are today. When we decide it's time for change and we start pursuing our dreams, it's important to leave behind certain luggage and loads, which are keeping us from lifting off. To understand this better, things will be explained in the second half of the book, each time followed by questions, so you get a better understanding about what's holding you back and keeping you from Speaking Out.

When you're reading this, you know it's time for change.



Brigitte Sumner, writer, entrepreneur coach, trainer and speaker-Turnaround Coaching & Consultancy Ltd. Great Britain:

This book is inspiring with yet a serious note. Things which seem futile are discussed, turning out to have a serious impact on your life. The good news is however that by using these insights, you have the ability to adjust your future and live the way you want to. Elise has stated now and for ever that you have the choice to live your life the way you want to. She applies this in her life as well, successfully.



Roy Martina, holistic doctor, international bestseller author, trainer and speaker and develop of the revolutionary methods Omega & Quantum Healing:

Lexy is a 5D dreamer with 3D results. Her talent is to manifest in a creative manner, meaning she activates her right side of the brain, which can think in 5D and then realize this in the real 3D World. This course will teach you the basic principles to manifest whatever it is you want.