



# get real!

*Stepping into the truth of  
your life*

By Lisa Steingold

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*In dedication to those who seek the way forward but no not how to proceed...all I have to say is open your eyes to the truth of who you really are.*

*Thank you to my friends and family for the love and support. Thank you Samwise for your wisdom. Thank you to those who've challenged me to GET REAL.*

*May this book trigger your own getting real so that you step into joy!*

*Love Lisa*



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## Introduction

Isn't it a crazy time we live in? I see so many people running around on treadmill lives trying to avoid their truth and all the time in the illusion of chasing it. I too have experienced this. We spend time trying to find what we already have and already know have but have forgotten. We spend time looking for it in others and blaming them when it turns out that they've let us down or rather we feel let down by them. We search for a perpetual and ungraspable sense of happiness that seems somehow to be promised by every self made, self help guru. When we can't find it we feel like failures and seek either to escape our lives and the realm of human interaction completely or we seek to build new patterns and delusions of grandeur that can keep us in the ever hopeful promise of happiness. In a world of infinitely many opportunities to make ourselves feel better we seek all the time to feel better just so we may not have to face where we are.

Some of us progress to the point where we realise that food, alcohol, sex or work won't make us feel better but then we progress to something much worse; trying to make others feel better. Oprah, God bless her, always told us that when you don't feel good, it always helps to make someone feel better and do good for others. It's true and it works – up to a point and that point is when you rely on others for your sense of feeling good. The truth is that that elusive sense of feeling okay can only be found within.

Imagine in front of you a glass bowl with water and oil floating on top of it. Notice how the oil sits on top of the water. If you stick a pen in the bowl notice how it displaces the oil but then as soon as it is taken out, the oil goes back to where it was and there isn't much effect on the water. Notice on the other hand that when you move the bowl how both the oil and the water move. Imagine now that the oil represents the circumstances of your life e.g. your money, relationships, career, friends, family, home, body and health. Imagine also that the water represents who you really are; your essence and your spirit which consists of your beliefs, your perceptions about the world, your secrets and your truths.



Isn't it ironic then, given this analogy that we seek to change our lives by trying to move the oil or rather focusing on the external factors of our lives when change, sustainable change, comes from looking into the water and what lies underneath? Of course it's not entirely our fault that we seek to make change by attempting to shift the oil, after all its how we've been taught since birth. We've been taught, forever, to focus outside of ourselves.

Now in case you think I'm some kind of narcissist telling you to focus on yourself, let me explain. As human beings we only understand and connect to people, things and circumstances through ourselves. This means that we can only experience true 'goodness' (I lack a better word here) or love in others when we first experience it in ourselves. And in order to experience it within ourselves we must first look at the parts of ourselves we don't really like. Suppressing anything within ourselves will only perpetuate some kind of dynamic in the oil. This happens all the time and then instead of seeing within ourselves, we seek to fix the oil. For instance when we experience something we don't like in our job, we seek to change jobs to try and fix the situation when the truth is that we are really trying to fix that thing in ourselves. You see, and here's the crux of the matter, is that we don't really need fixing. We don't need fixing because fixing indicates that we are, in some way, broken.

None of us are broken; we're just lost in a myriad of neuroses; all self inflicted. Ooh and here I dare to tread on shaky ground when I say that it is all self inflicted. I think it best if I change my wording here in that it is all chosen, not so much inflicted. We may think we end up in random situations that affect us. We may think that we live in the world and the universe when the truth is that the world and the universe mould themselves around us according to our beliefs about ourselves and others. It's for this reason we must make friends with the deepest parts of ourselves.

Wait, wait, wait a minute. Before you get indignant and upset, I am not for one minute insinuating that we make conscious decisions about the circumstances of our lives. No, that would be absurd; we're always led by the sub-conscious until we bring more of the sub-conscious into the conscious, in which case we're able to make better decisions. If the conscious symbolises the human sides of ourselves and the

sub-conscious symbolises the awakened sides of ourselves (our essence or spirit) then we see that the more we bring the sub-conscious out into the open, the less internal conflict we will experience.

It is the human side of us that seeks always to focus on the external aspect of our lives and the sub-conscious that wishes to bring into play, our essence. Marrying the two through looking at both the internal and external co-ordinates of who we are brings the peace we so desperately seek.

Herein I must again define 'peace'. Peace is this much enamoured and illusory concept of walking on air, never experiencing problems or emotions. What a load of nonsense! No, peace is just the ability to be real and encounter anything. It doesn't mean, contrary to so many of today's "Secret" teachings that everything goes according to plan, you have enough money to last a lifetime and you'll never have health or relationship issues.

I hate to be the one to tell you but we're all going to die (even the best plastic surgeon won't be able to stop that). At some point we may get sick and many of us are likely to experience a range of experiences that are less than perfect. I've got news for you; welcome to life on planet earth and may I just say; the WHOLE point. I don't use the word 'whole' here incidentally but rather with intention.

We're here because we came to specific experience this concept of wholeness. Have you ever noticed that the sun goes up and down? So too does the moon and in fact world markets have tended along the same lines. It's only the human being who wants to be healthier, happier, more beautiful, sexier, richer and more accolade than the day before; always on an upwards trajectory.

Seems silly when you think about it doesn't it? Which brings me to the accolade issue; we're only feeling good (Can someone give me another word?) about ourselves when we're achieving. We only feel great when we're looking good, treating people nicely, have lots of friends and doing well financially. What I want to know is can you feel good about yourself after 5 rejection letters for the book you

wrote? (I thank personal experience for that one). Can you feel good about yourself and love yourself when you have no money, when work isn't going well or when your relationship is on the rocks? If you can then put down this book right now and off you go. If you can't or if you struggle with that concept just like I have and do so often then you're in the right place.

The final truth of it all is that when you can love yourself unconditionally and be with yourself at and in every, and at any moment even the uncomfortable one's that is true mastery. That's when you experience peace and ironically the only way can truly love ourselves and others. Believe me I learnt all of this the hard way and everyday I'm still learning and so my last point before we launch into the book is please do not read this book for answers. The only one who has the answers to your own story is you and besides I have enough of a time trying to figure out my own.

We spend so much time trying to help others that I often wonder what would happen in the world if everyone took responsibility for their own joy and their own journey. Imagine if everyone who wanted to change their lives did and those who didn't were just left alone? Wouldn't it be better for everyone? This may sound callous but I mean it with the utmost sincerity and love because in the end we are all on our own journey. We are born alone and will die alone and it doesn't mean we can't connect with each other because that is truly one of the greatest joys but it does mean we take responsibility for ourselves. This doesn't mean that others can't facilitate, no. There are amazing therapists, counsellors and coaches who can facilitate the process (after all this is what I hope to do with my clients) but you need to want to see your own truth. The truth is that you are magnificent and have so much to offer the world but have been taught to 'play small' as I term it.

The purpose of this book is not to depress you about where your life is or to depress you about how you are; its purpose is insight. It's about highlighting the truth. When we can acknowledge the truth about ourselves and really begin to see, without judgement or blame, it is then that we open up a world for ourselves. This is when we get real and step into the truth of our lives and that is because the truth of our

lives has very little to do with what we actually do in the world and much more to do with who we become through that.

No doubt I will receive many a 'tut tut' from colleagues in the industry as I've shared a great deal of my personal experience in the book. Some may say that my personal experience may have slanted my perception but I'm happy to report that the entire world is subjective. Besides if I didn't find so many common threads in my clients and they didn't find value in my approach then I wouldn't have shared it.

Read this book because you value yourself. Read this book because you're ready to take responsibility for your life. Read this book NOT for answers but because you're ready to love yourself in every moment. Read this book because you'd like some solid grounded insight into what's going on in this unstable ground called life.

Happy reading!

A handwritten signature in black ink that reads "Lisa". The script is cursive and fluid, with the 'L' being particularly large and stylized.