

# Worksheet for the Storyteller and Beliefs

## The Storyteller and Beliefs Summary

Barry, who has limited experience with Shift, did a great job staying in voice. He seemed to have an unusually gracious view of the Storyteller as being a key motivator. I found that to be unusual. Most folks don't see the Storyteller as a motivator, more as just a voice telling the story of their lives.

The Storyteller does have multiple perks though. Some are more obvious than others. I mean, where would you be without your story? You wouldn't know who you are. You wouldn't be able to talk about your life history or how your day has been. But I also see the Storyteller as being the cause of a lot of problems too, because this voice can really hold us hostage. We're not just held hostage by the bad stories either, but ALL stories. For example the story that 'I'm smart' can make me rigid, condescending, defensive, self-righteous and more, and blind to the times when I'm not being smart. Any story you have about Fear can hold you hostage too, making it even impossible to experience fear in any other way besides what the Storyteller suggests.

As for Beliefs, can you see how much that voice also causes trouble when we try to get along with each other, i.e. like in today's political climate? I did not bring that up in the video (can you say can of worms?), but maybe it will come up for you as you answer the questions below, while in voice. Notice it's the voice of Beliefs who has all these beliefs, not necessarily you. Cool huh?

Cool because, at the end of the video, after Beliefs, when we shifted for only a minute into the One Who is Free from Stories and Beliefs-- did you feel it? Did you feel how free we both felt in that moment? The more you can break free from your cage, if only for an instant, the better chance you'll have to expand your perspective beyond your usual, limited and habitual views of the world. Which means the more you'll have a chance to be free from your (avoidance of) fear related problem.

Although, ironically because it feels so good to be free from beliefs and stories- the voice of Beliefs starts to immediately form a belief that being free from beliefs is better, ha ha, and we're back!

But at least we've had the experience, and know that freedom is possible to access anytime we want to make a shift. Which is important, especially when we're in the mood to break up old stories, beliefs and therefore patterns, around how you deal with Fear. Heck, around how you deal with anything.

## Questions for the Story Teller

Allow me please, to speak to the voice of the **Storyteller**.

Shift and become in an instant --without trying to understand what this means, the **Storyteller**.

Whom am I speaking to?

What is your job in this corporation?

Are you the Self, is the Self you?

Prior to this moment, did the Self have any kind of awareness of the separation between you two?

What are some of your stories?

To whom out there in the world, do you tell your stories?

What's your style, how do you typically present your stories to the world?

How do you typically present or make your stories known to the Self?

Does He/She believe the stories that you tell about Him/Her?

Why or why not?

How big of a role do you play in His/Her life?

Why is that?

How much do you influence how the Self acts or behaves?

How much do you influence the Self's self-perception?

Where would the Self be, without you?

What's your wisdom, what do you offer Him/Her?

Tell me about your influence over the other 9999 voices?

What percentage of your stories does the Judge see as positive, and what percentage of your stories are seen as negative?

In what ways does the Judge influence you?

In what ways do you influence the Thinking Mind?

Can the Controller control you?

In what ways do you influence the voice of Beliefs, which we'll speak to next?

What is your story about Fear?

What is your story about how to deal with Fear?

How do these stories about Fear help the Self live a better life?

How do these stories hurt the Self or hold Him/Her back?

How do you hold the Self back in general?

How does the Self feel about you, right now?

How does the Judge see you right now?

Is there anything else you'd like to say?

## Questions for Beliefs

Allow me please, to speak to the voice of Beliefs.

(Notice again, these questions are similar in nature to the ones I asked the Storyteller. Can you do this exercise with the voice of Opinions? The Habitual Self? How about the voice of the Mud and Dirt in your cup?)

Whom am I speaking to?

What is your job in this corporation?

Are you the Self, is the Self you?

Prior to this moment, did the Self have any kind of awareness of the separation between you two?

What are some of your beliefs?

Where do they come from?

How do your beliefs influence how He/She thinks?

How do your beliefs influence how He/She feels?

How do your beliefs influence who He/She hangs out with or other choices He/She makes?

Does the Self have beliefs, or is it only you who has beliefs?

From your perspective then, what exactly IS the Self, seems how He/She is not you?

Does the Self believe everything you believe?

Why or Why not?

How big of a role do you play in His/Her life?

How do you make your beliefs known to the world- what's your style?

How does the Self act or behave because of you?

How much do you influence the Self's self-perception?

Where would the Self be, without you?

Tell me about the impact you have on the other 9999 voices?

How do you have an impact on the Judge, and how that voice judge's things?

How does the Judge have an impact on you, to help you form your Beliefs?

In what ways do you interact with Thinking Mind?

Can the Controller control you?

In what ways do you influence the voice of the Storyteller?

What is your belief about Fear?

What is your belief about how to deal with Fear?

How do your beliefs about Fear help the Self live a better life?

How do your beliefs about Fear hurt the Self?

How do you hold the Self back in general?

How does the Self feel or think about you, right now?

How does the Judge see you right now?

Is there anything else you'd like to say?

## Questions for the One Who is Free from Stories and Beliefs

Allow me please, to speak to the One Who is Free from Stories and Beliefs.

Whom am I Speaking To?

What is it like to be you, mentally?

How does it feel to be you, physically?

Has the Self ever had access to you before?

Why (how?) or Why not?

What does the Thinking Mind think about you?

How does the Self feel about you?

How does the Judge see you? (notice, if you spend some time with the questions, how all three of these last questions show up as different answers)

How might you be problematic for the Self?

How might you be a great resource for the Self?

Would the Self like to have access to you more often?

Why or Why not?

How far away from the Self have you ever been?

What would it take for you to play a bigger role in His/Her life?

Is the Self willing to do that?

Why or Why not?

What do you offer this corporation, in terms of forging a new paradigm between the Self and Fear? Know that relationship has probably been the same since the Self was much younger, maybe even an infant? In fact such a habitual relationship may even extend back as far as we have records of --generation after generation-- in His/Her family.

Is there anything else you'd like to say?