

Unmute Your Soul Toolkit

#4 Conditioning

Find out how you've been conditioned, where it came from and when it started.

Work your way through these questions and write down in a journal whatever comes into your head. Don't judge anything, and allow your pen to flow on the paper.

- What behavioural patterns did you experience within your family?
- What were the rules?
- Were you allowed to talk all the time, or were you often told children or girls had to be quiet?
- What were you not allowed to say, and what restrictions were there about what you were allowed to express?
- Were you told not to be so emotional?
- Were you told you were too loud, too impulsive, or not to speak unless you were spoken to?
- Was someone angry with you a lot as a child?
- Did your parents speak their truth?
- Were you punished for saying the 'wrong' thing?
- Was quarreling seen as threatening?
- How did that make you feel?
- Do you have the feeling that you need permission from someone or yourself to speak up?

Now, what has become clear to you? I know it's usually an aha experience when we do this deep work. Where or from whom is your conditioning coming? Whose voice has been talking? You

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can always ask yourself: Is this mine or someone else's?

Let's continue.

Thank everyone, including your family, your community, your religion, and the land where you were born for everything until now. Tell them that you now have your own voice, and you're going to use it. They had no bad intentions and didn't mean any harm to you. From now on, you would like to trust your inner source for your voice. Their voices are no longer your voice. You can say this out loud in front of a mirror to give it more power.