



Episode Transcript – An Authentic Dialogue With My Rebel Self

Opening

Hi this is Jenn Shallvey. Welcome back to the Remembering to Be Me podcast. Today I am connecting again with you and bringing you something really different. I have sat on this recording for a month because I was too afraid to put it out. It is definitely different. It might freak you out. It might make you think I am crazy. But I am not.

What I have done is shared an actual real life journal entry that I made for my own self. And why this is significant is not so much I journaled but the way I chose to do my journaling this time. When I reflect I often will sit and write and a lot of times I write at a laptop with my hands typing away because I write faster on a keyboard than I do with pen and paper. I found that's because I learned how to use a typewriter way back in high school so I still have that 60wpm typing skills which is much easier to read than my handwriting. Though I still love to do that too.

So when I journal I will often go into this dialogue with myself and then answer my own questions. So in a sense I am writing a dialogue. A couple, a little while ago, I found that my fingers hurt too much, so I thought I would just record so at least I got the words out and the expression out so I recorded my conversation. That is also really freaky. So when I got the bits back it was really cool. This recording is one of those entries.

And it is interesting to me because I was having one of those dialogue with a part of me that I nicknamed my 'rebel self'. I think we all have inside of us a part that is our part that we show the world that drives us and that is our personality and then we have inside of us like a pure or a higher or a more knowing part of ourselves that can take on different expressions depending on who we are. The part that is me is the rebel. I have always had this affinity to being rebellious but in a really different way. Not in an activist way but more in a challenging way asking questions and what if and things like that. So this conversation is between me and my rebel self.

And also let me just highlight that I recorded it using my phone headphones on my portable mac so therefore quality is not as nice as when I am sitting at my desk with the nice microphone and all the set up. So bear with that. Hopefully you can listen through for the meaning because I guarantee the message is not just for me. I actually feel like what is in these words is inspiring and powerful for anyone stopping starting and wanting to take action to make a difference in the world. So I will hand over to myself. Enjoy the interesting conversation.



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The Dialogue...

ME:

I have lived with you for as long as I can remember. You protected me. You have been my guide, you have been my fearless leader, my champion, my knight in shining armour. You have kept me safe. You have lead me in all the directions I need to go.

You have also made my life so interesting. You have made living interesting because you have allowed me to challenge the status quo when I was strong enough. There is something else about you I acknowledge in me - a part of me that says we don't have to do things the way we have always done them.

That is why I want to start this conversation by acknowledging you and not criticising you because when it really comes down to it, we are together no matter what. I am not going to get rid of you. I can't get rid of you and I don't want to get rid of you. What is truly in my heart is love, appreciation, acceptance for all that you have done, do and will do for me.

I have a sense that there is a part of me in my personality that aspires to do things differently. Not in a mean or hateful, or harmful way but we are simply going to do things differently. That is what I think is happening now. Here I am in the middle of my life, actually a little bit on the edge of the middle, well let's say I am going to live to a 100 so we can call it the middle. I am in a stage of life which is a huge massive transition for me and I can not pretend it is not. I am about to become a parent of adult children no longer a parent of a child in school. I have hidden behind the cover of that role in my life as an excuse to allow you rebel self to get your way all the time. And what has come to my attention today, and that is why we are having this conversation, is that it is always a choice how I respond as a whole person. I also believe, think and know now that it is also a choice in whether I engage or don't engage with you. When I don't engage with you that is disrespectful and I know that you are there to remind me that you are still there and a key part of my personality.

So in this moment I invite you, I welcome you to a conversation. So what is this conversation about. It is about where to from now. What choice do we make together to go forward. In my view I have lots of choices and in my experience, what happens is when I make a choice without considering you then you come along and sabotage or at least I allow that. You probably want to know what it is that I want to do. I will then ask you what your thoughts are.



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What do I want to do? Uhm...well it is really simple. I want to change the world and make it a better place. I want it to be a positive place, a place of unity, I want peace, I want love I want all those things. I want harmony I want us to get along better I want people to care about each other again. I want compassion, kindness. I don't want these back and forth slinging matches that go on or this judgmental cascade of hatred that goes around the world. I don't want violence. I want it to shift I want it to be in the balance of good for everybody not just one or two people.

I want the world to change and then if I step back from that and I say I want that to happen in the big picture then I want to be an enabler of that change. I want to be a person who is a voice of that change, a light, a positive force. I am a part of that. I want to do it in my own way, my own unique way. I don't want to be following somebody else. I don't want to do it their way. I am not using somebody else's system. I am creating my own system and then I don't want to impose my way or my system on anybody else. I simply want to be an example and say here is how I am doing it. How are you going to do it in a kind and balanced way?

Maybe I do have some criteria. I want to inspire people to also make these changes in the world without hurting other people. And hurting does not mean violence, hurting means on all kinds of levels - emotionally, mentally, physically and spiritually. I don't want harm to others on any of those levels. This is not a religious principle I am espousing it is simply my personal view. I get quite strong about it because I know this is what I enjoy doing.

My other question or other aspect of this 'work' is if I bring this down another level then what am I doing in my work. Well my work actually is to work with individuals that want to do that. How do I do that? Help others find their way and navigate through all these challenges like I am going through. How do I get people to also step forward? It's about being who they are, it's using that place of authenticity to step forward and make that change to lead and to be the example. It can be a small gesture or a big gesture.

It doesn't mean you have to be a person on Instagram with a million followers. It just means you are doing something. Or nothing. Because you are just being yourself. I know I want to help people still. I know I want to help individuals, leaders with a difference, to be true to who they are, to be authentic, to be clear about that and also to be accepting that they are never going to be perfect. They don't have to be right.



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It's going to be a journey and that is ok. So if I can help people doing that that would be fantastic.

So how I help people? Well I know I like working one on one with people. So I still want to work one on one. But I don't know how. I know it will be simplified and easy. I just want to know I am doing it in a way that I am connecting and then in a group, well I just want to sit around a table and have a conversation. Nothing formal or structured. But at least lead. And guided and facilitated so it makes something happen. And the convening of those people into that one space makes something happen. That is what I want, I really do. But I don't know how. And so I am going to figure that out. I don't have to have that answer right now. It will come. I know when I meditate on that it will come. Right now this is a conversation with you, that part of my personality that keeps coming and saying no way we are doing it our way. So miss rebel who I care for very much and acknowledge what do you have to say? Because I am actually listening.

REBEL SELF:

Thank you for listening to me. Thank you for the kindness of your consideration. Thank you for owning and acknowledging your place in our relationship. It is with great respect and pleasure that I am with you in this beautiful person that you are. I only see your potential. I only see the fun we can have together. I can only see what we can do together to change this world. I only see it. You don't. So I am here reminding you over and over again that I am here to work with you not against you. I am here to work with you not against you. Do you get that? This is the beauty of me being part of who you are. I am not one to roll over and play dead. I am not one to take things quietly. I am not one to be taken advantage of. I am not one to be used, abused, shamed nor bullied. I stand up for myself and therefore because I am part of you I stand up for us. And because I am part of you and part of us I stand up for what you care about and believe in. That is why you get angry. That is why you get emotional sometimes because when you let it sit and fester and hide and stir and stew all these words it comes out and I get it and that is me. I stand up for us. I am a voice for us. Do you get that?

For people who want you to comply I am a problem. For people who see you falling down and faltering I am a problem. For people who seem on the outside to have it all together even though you know that they don't I am a problem. I am a problem. But you know I am not a problem. You get mad at me because I speak up. And I speak up in so many ways. I sabotage, I hold you back, I hide you, I bring things to your attention that you do not want to look at, I make you sit in bed for four days because



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if you are not going to listen to anything I am going to take your body down. I am going to do whatever I can to get your attention because when you do not work with me I will make you pay attention. That is the part of you that you need to know is there. And I am not going anywhere. Yes I am a strong, forceful part of you and that is where you get your strength.

This calling that you think you have, this calling that you describe, it's much bigger than that. You as everybody does has the potential to do so much in this world when you unify within yourself, when you come together within yourself and bring the whole of you to every situation. *There* you go.

You talk about remembering to be who you are. Well when you forget about me you are not remembering. You can't just remember one part of yourself, you got to remember the whole part of you. I am part of you. There are other parts to you. But the part that is leading your personality, the part that is leading and driving where you are going is me. You have known this for a long time.

Think back to some of the things in your life when you were in despair and you thought there was no way you were going to get out of this. I came and rallied by your side. I basically helped you, basically stick it to anybody that got in your way. I basically said let it go, just be with me, hang in there we are going to be ok because I said it was going to be ok and I made it ok. Now all you needed in those situations was time. Time to be with you.

You have and always will have a very loving and supportive anchor in your family, the people around you, the family that you choose to be with, the family that loves you unconditionally. *That* is part of this equation. We see that and we know that the family that was not supportive of you, that was harmful to you, is not in the equation anymore. So it is not an issue anymore you don't have to fight them anymore they are not here anymore there is no more fight. We do not have to hide. It is ok. So I get quite emotional because you don't hear me, you don't listen to me, you get mad at me.

But every once in awhile when you are calm, balanced and collected and you do let me poke head up and have a little word with you, wow you do amazing things. You just throw in a little curve ball here and there, you put a little innovation out there, you say 'what if we did it this way or how about another perspective or try this way'. These are the ways you do it.



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Now let me look at and talk about what you put forward as our plan. Now let me first start out 'you are not here to save the world dear' oh my gosh you are not here to save the world. You are just one of many who are here to do this work. Don't feel like it is all on your shoulders. When you say these things you sound like it's all your responsibility. It is not your responsibility. You are part of it. One of many. But if you don't do your part then there is one less person doing it. So your part is still and equally as important.

There is an army of rebellion people who will make this happen for you. Just hang in there. So what I am going to do is go through the three layers you have given me. You told me you want to change the world on a big level. Ok let me use your words. Make a positive difference in the world by being you and shining your light and being clear about that and expressing you as you and being authentic. And in all those things you talk about where you are making a positive difference in the world. You may not ever see the results. You may not ever know where that goes what that effect is. Sometimes you get feedback even last night you got feedback that one simple statement that you made shone a light on somebody's life and you made a difference. Were you attached to that? No you just acted and spoke as you. And it went through a person to another person and that person's world brightened a bit more. And you made that difference. You know it is there just be less attached to the outcome and less attached to whether or not it is going to actually happen. *Just be you.*

Now the next level. You have come from the world to wanting to work with people. I hope so because the ones who are going to change the world are people. You are not a computer scientist you are not a programmer you are a writer which still means people need to read what you write. But you are not going to be creating and inventing a product or widget that you think. That is not your world.

Your world is communication. You are expressing through questions through topics through ideas through inspiration. Whether you are coaching person or mentoring a person whether you are listening or talking to a person whether you are running a workshop it's all those things you say you do that and you do really well, unless you doubt yourself, that you are here to do. So we right here with you on that one.

But we want you to do it your way. Ooooh we get so frustrated when you get all fuddled and say should I say this or should I say this. Can I run the workshop this way or that way and what are they going to think, what are they going to do and oh my gosh should I wear this outfit or that outfit. None of that matters. Stop and be you.



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You could show up in a paint smock and deliver the right message and you would not be worried because those people would not care whether you wore a paint smock or a ballerina outfit. It does not matter. What matters is that you are getting the message across authentically, without judgement, without attachment.

So you say you want to enable others to do this as well. Well start with you and we are going to be with you as you do this. Do it your way and you can help them to do it their way. It is really simple. You don't have to follow anybody's methodology, you don't have to follow anybody's way. We agree with that. We absolutely agree with that. 100% agree that you do not have to go and borrow somebody else's way. Just do what comes to you. You have read. You have learned. You have experienced. You have done so many things over the years. You have a wealth, an absolutely amazing wealth of knowledge and experience. Take that and let it percolate up through your own little beautiful filter. Let us come in on that conversation to say what you can do to add a little touch to this so that it is a bit different and then let it go.

You will begin to see that the people you are working with are exactly like that as well. And don't hide the fact that you have all this going on because they do too and they want to see 'is there is somebody like me?' because that is what they want.

Now the last thing is to say at the very basic level you offer to mentor people, yes we agree with that. You write, you write and you write and you write. And you just let your heart pour out and when you are brave enough, we know it is part of your thing, and we know be seen. It is ok to put your videos out there it is ok to put your audio out there. Get that podcast going girl. Let it happen. Make it happen. You already have it, it's a platform, you have already created it just make it happen. You can do a whole bunch of voice things like this and boy, wow, wham you have some really interesting stuff out there. And somebody just might listen and somebody just might be inspired and you have made all the difference. And whether you are paid, not paid this is your job not your job does not matter, just be in it doing what is right for you to express yourself as this person who is out making a difference in the world. You are finding your way and in finding your way you are going to help other people find their own way. And you say it's about knowing you and being you, well by all means help them do that but you have to do that yourself first. And you want to help them remember to be who they are well you remember to be yourself first keep doing that and as you do that and you show people what it is like to go do that they can do it they can do it too. Alright. So that is our bit back to you.



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ME:

Ok that was a lot stronger than I thought. I did not expect that energy to come forth. I should because it is my rebel self. It's my rebel self so let's see. I am not surprised. I thank you for that contribution and I am going to put that in for some food for thought and think about that. I really feel that there is something going on here. yeah.

I am not here to save the world. I am a piece of the bigger bigger equation. I am one of many. And there is a whole army of us lined up to do this work and I accept that that is one part of the equation. And I think maybe what has happened is that I have been afraid or felt that I had to be his big person in order to do it and I don't. And I don't really want to. I want to just play small, simple. I don't want to be a loud trumpet. I want to be a soft orchestra bring out the music and let it be. I don't have aspirations of grandiose or world tour or any of these things. I just want to make a difference with some people that really matter.

I feel like it is just about consciously stepping forward and in each step always asking you how can I do it my way and how can I put the Jenn stamp on it. How do I make it a little bit different so not like everyone else. How can I stand out so people actually hear the message. How do I do that in a way that is not about my ego being, getting all the attention but efo being strong and assertive. And so it is about practicing this and getting out there and not hiding anymore. Not hiding in all sorts of ways. It's through my online presence and physical presence. It is both. So I get that. ok. Alright rebel self what else would you like to do right now that think would be fun that we could do together to kick off this energy and move this and shift this and move this what would you like to do and let me think about it.

REBEL SELF:

Well we want to have fun. Let's see. We can have fun. You and me can have a lot of fun. We can have so much fun. That is one of the great things about being a rebel is because we do things differently it is entertaining, exciting, different not boring I mean come on look at the people out there that are quite rebellious. You can see. Some of your role models that you have admired in the past in the world that you walked we know some of them and we are thinking of them. You loved the fact that they just completely didn't do it the way anybody told them to do it. That is exactly what we are talking about here. Right? So. We love the idea of you getting on social media and your blog and your newsletter. We really really like the idea of you expressing what is happening in real time and then walking people through your journey. We would love it if you could do this on your podcast you tried it before but let's put some structure around it so there is a topic and let's make it fun. So what I



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would like you to do and what we can do is brainstorm some ideas. And once you got the brainstorm going...then also if you feel inspired work with it too. The word intuition keeps coming up because we want you to be intuitive when you do these things. That is actually quite rebellious. We actually can be rebellious by using our intuition do you realise that? By being intuitive with this world that does not like intuition we can be rebellious. Yeah. There you go. Intuitively go make your mark.

ME:

I want to completely overhaul everything and start from scratch.

REBEL SELF:

Yeah we do we are doing that with you. So let's think about it. Stay aware in tune conscious when you do these things. If you feel inspired there is probably a part of me kicking you in that gut of yours saying come on Jenn let's go do this. So if you for example want to go clear out your wardrobe then I am with you. Let's have some fun doing it. Have fun and accept where you are now. Use that as a chance to do it. embrace it. Document it. Write about it. Put it in your posts. This is real stuff. This is what other people want to do. But they are afraid to do. You do it and show them. We will leave you with that.

Close

Thank you for listening to another episode of the Remembering to Be Me Podcast. I hope you enjoyed this slightly different one. Maybe that is a theme each one is going to be different every time. Hope this one was inspiring for you. And got you thinking about how you can be more of yourself and get past some of the blocks and barriers in your own way. If you want to find out more about what I do and offer please feel free to visit me at my website www.jennshallvey.com. And always feel free to visit me on Instagram. That is where I hang out socially these days and I put posts up every once in a while. Might be more active some days than others. I look forward to connecting with you. I really do hope you have a fabulous day. In the meantime, when you think of what you want to say to yourself maybe use this phrase – *Be me, and when I forget, remember to be me.* Take care.