

# LET'S GET REAL

How marketed are you?

A wake up call to rescue and recover the truth of humanity, one person at a time!



URSULA LAUGHTON

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Ursula Laughton - written 2015

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Hi, my name is Ursula and as a Soul Coach® I have strived to empower my clients with tools and strategies that enhance their lives and lead to the most wonderful experiences ever thought possible. In the face of adversity, we have an opportunity to prove that our spirit is great.

The landscape of our internal world directly influences our experiences in the external world. Taking the time to get to know, and alter the way we think, feel, breathe and behave essentially determines how much happiness we experience.

A coach, whether Soul Coach®, Spiritual Coach, Mind Coach or Physical Fitness Coach can be just the support and encouragement you need to start on the path of your very best life.

To learn more, please visit our website for a list of wonderful coaches who can walk with you on this journey called life.

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# Introduction

On a scale of one to ten, one being 'not at all' and ten being 'thoroughly' – “How marketed are you?”

What is 'marketed' you might wonder? Is it even a word? It is now. This question is really asking how programmed, how gullible, how manipulated you are? Most of us are offended by this question, the question then is why, why are we so offended? What makes us offended by other people's questions and God forbid their opinions? Oh yes, you guessed it, we've been marketed.

The way the world has been working is a complex yet a remarkably simple framework that has been put in place to ensure we all see the same things, hear the same words and

speak the same language, this component is called marketing. Marketing surrounds us, everywhere we look we can see designed perceptions that are shoved in our face repeatedly until we eventually claim the perception as our own. This document is here to explain, in simple form, how it is that you have been marketed and how to reclaim your brain and your perceptions. How to ask questions and form YOUR OWN opinions (what a revolutionary concept!) and how to be okay with standing alone from the rest of the marketed crowd!

Let's Get Real, is about helping you get a grip on 'reality' and provide a guide to breaking free.

What is and isn't real for me, and perhaps for you too? What can you discover if you open your eyes a little wider and have hearing that is discerning? When was the last time you felt anything? I am not talking about physically touching someone or something, I am talking about feelings. That dreaded word that many fear = feelings.

Did you know that feelings are the core energy of your body? Yet how much attention do you give your feelings? Are you one of the many people who have shoved their feelings into a deep dark corner of their mind without any intention of looking at them, ever. Why? Because that is what society expects of you.

We have been led to believe that to express your feelings is to show weakness. Interestingly though, to suppress your feelings is to become weak.

Every cell of your body is powered by emotion, that is, energy in motion. If you switch off your feelings, what is driving your cells? The only way to know that something isn't working in perfect harmony with everything else, just as nature intended, is to feel the discomfort, the pain, the heaviness. Ignoring feelings keeps us stuck in a reality that we despise and crave to get away from but have no understanding of why or how. The ignored, suppressed and disconnected feelings have accumulated and need to be addressed so that decisions can be made to align with the flow of nature.

This robotic state that we have allowed ourselves to be convinced is 'normal' is destroying nature and in turn destroying the original reality that was once in harmony with everyone and everything. Some might say this is idealism but once you have experienced this harmony, this perfection, this joy, you know with absolute certainty that the true reality of nature and of humanity is more real than any artificially constructed world. And yes you, me, everyone is currently experiencing an artificially constructed world. How do I know this? Because I feel.

When you get in touch with your feelings you KNOW what is real and what is not. Being told or commanded what to feel in any given moment, such as when you should feel hungry or when you should need to go to the bathroom all through school is an unrealistic construct. We learn at an early age to disconnect from the body's way of communicating with us. We learn that we no longer have control of our body and thus our mind, which then of course leads to the lack of self-awareness needed to use our feelings constructively. Who would choose this? I wonder if you even know you have a choice. Take a moment and feel what it feels like to have a choice? Do you know what it feels like to have a choice? Is there some fear around contemplating that a choice is there to make? You might be thinking, how do you even know that there is another choice? Everyone is living the same, so why would I want to choose differently?

There are times when we turn our feelings of frustration, over being stuck, trapped, insignificant (that we don't even know we have), into a three-year-old tantrum because we don't know what to do with these feelings or even to know that these feelings are a relevant communication system used by our bodies and our minds to alert us to when something is out of balance with nature.

When conditions are out of balance with nature, you might find



yourself ranting and raving, demanding and victimized and begin to enforce the expectations forced upon you, onto others. This entitlement is then turned into dependency. This dependency on the 'authority' becomes a demand for protection, to keep you safe and punish anyone who doesn't comply to this constructed environment that you now find yourself clinging to, mostly for reassurance that you are a good person. This doesn't end here because we are still out of balance with the natural order of things but the level of communication from our body and our mind starts to amplify and we start to feel as though we are going crazy or getting very sick.

Next thing we are diagnosed with ADHD, bi-polar or any number of mental illness – expressing that something isn't lining up with nature, and then the constructed system will prescribe medication to control the mind and body as a means to suppress these alert mechanisms and silence you even further into submission.

A complete self-implosion is taking place because the feelings weren't acknowledged, appreciated and listened to in the first place. But let me say this very clearly, it's not your fault, this is not who you are, you have been programmed by the constructed society in which you live. Yes programmed - when ideas, opinions and history are repeated often enough we are driven to accept it as truth, but the reality of the society we live

in right now is so far from the truth. This is why so many people are in turmoil, despair and hopelessness, this is nature's way of screaming to alert all of us of the danger we are in.

**And yes, humanity, as a thriving species, is in grave danger of losing itself to an artificial construct.**

Humanity has lost the ability to feel and so has lost the ability to interpret communication from their own mind, body and the relationships around them. Our relationships with people, animals and the natural environment are the mechanism for us to know if we are in harmony with nature or not. Are you paying attention? Are you noticing that humanity is not aligned with nature, the essence of who we are? We have disconnected from the very emotion that keeps us alive - LOVE! Do you even know what love is?

I write with the greatest of compassion, however many truths about the constructed society we live in are not easily explained without being very blunt and direct. You may at times feel it is an attack directly on you, so it is important (from this point forward) that you prepare yourself to feel. Know that there are going to be out bursts of anger, tears of grief and disbelief that rocks you to the core. I encourage you to feel and to express

in a safe constructive way. Know that every time you feel, by really listening to the motion of the emotion, the memories and the pictures that are communicated to you of times when you suppressed and were commanded to ignore a feeling, that you are being carried a step closer to your true nature.

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