



Robert Scheinfeld

Power and Trap of Words



Welcome to this episode that I am calling the Power and Trap of Words. I decided to create this episode because, in recent coaching sessions through the various programs that I offer, most notably The Ultimate Freedom Experience, there's been a bunch of questions where I found myself saying the same thing over and over and over again.

And I thought to myself, "Well, that's something that I ought to just create a brief episode about." Now sometimes in this podcast, I communicate what I would call complete thoughts. I introduce a topic, I go into great detail on it, and I'm very thorough in my discussion of it. And then there are other times that it's what I call seed planting, or it's drops in the pond that are intended to ripple out.

It's something that's intended to disrupt, if you will, your normal way of looking at things, thinking about things, and seeing things, and it's not a complete thought, and there's a lot of things that I could say that I'm not. So, this episode is going to be one of those seed plants, one of those pond drops, one of those disruptive influence kind of dynamics.

Every day, all day long, we use words. And we use words to describe things. We use words when we're doing emails, we use words on social media, we use words on the telephone, we use words with texting, we use words when we're talking to people in person, we use words when we're talking to people in other ways, whether it's through audio like this, or video, or whatever it is.

And we are all so in the habit of using words that we forget something very, very important. And at the time of this recording, I'm 60 years old, and I forgot this same thing myself for the vast majority of my life, including the vast majority of my adult life. So, what is it that we forget? We forget that words, in and of themselves, don't mean anything; they're just symbols, and different languages have different kinds of letters and different ways that the words look, and different ways that the words sound.

But it's the same thing. The words are used symbolically. The words are used to try to describe something that's happening in our lives. And I call where things happen in our lives inner space, for when things happen inside of you – thoughts, feelings, sensations – and story space, for when things happen in the world, which includes your body, people, places and things.

So, whenever we use a word in any context, we're always using the word or the words to try to describe something that's happening to us, and we get so used to using the words that we stop looking at what's actually happening that the words are trying to describe.

So, let me give you a few examples of what I mean. Let's say that you're at work and you find yourself saying to somebody else at work, "I'm so confused by blah-blah-blah." Now that seems to



be perfectly reasonable. It seems to be perfectly accurate to say, “I’m confused.” But confused is a word, and it’s trying to describe something.

So, the question is, “What’s actually happening in your experience?” And in my language, in this case, it’s inner space, because confusion happens inside of you. You could call it in your mind, you could call it whatever. So, the question is, “What is appearing in inner space that you’re calling confused?”

You see, there’s something that’s actually happening inside of you that you are aware of. There’s an actual experience with unique characteristics that you can observe and be aware of, and you are all the time, that you’re calling confused. And when you dip beneath the words, what I say to people in The Ultimate Freedom coaching dynamics is I say “Hey, put those words on a shelf for a minute and take a look at what’s actually happening that you’re calling that.”

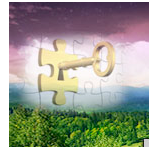
So, let’s take this same example “I’m confused.” If you put the word confused on a shelf and you take a look at what’s actually appearing in inner space, and some people can do this right away, and for some people it’s tricky because they’re so out of the habit, they’re so used to just using the words. But if you accept the invitation that I’m going to give you at the end of this audio and you just keep at it, it won’t take that long. It’s not brain surgery. It’s not medical school. It will come easily. It’s a very natural kind of a skill.

Again, we’re just out of the habit of it. But so, if you say, okay, put the words “I’m confused” on a shelf, look at what’s actually happening, it gets fascinating and it also opens the door to radical Transformation (with a capital T) and changing your life in ways that perhaps you can’t even imagine right now.

And it’s a gateway into many, many more things than I’m going to be talking about right now. There’s a much deeper level to all of this, but this is opening the door to that deeper level. So, it’s different for different people. We’re all different. We’re all unique.

There isn’t one way that it is for everybody, but I’ll just give you an example. If I were to say to somebody, “I’m so confused about...” And I put those words on a shelf and I look at what’s actually happening, what’s actually happening is I’m actually hearing a voice in my mind, in my language, a voice is appearing in inner space that actually says, “I’m so confused about this.”

So, the fascinating thing is, and I get that this might be ironically confusing the first time you listen to this, but again, if you sit with this and you accept the invitation I’ll give you at the end of this audio, you’ll be able to see this for yourself, and over time, quickly or slowly, it will get clear to you.



The truth is, you're not confused. The truth is, a voice is appearing, using the example that I just gave you, that is saying "I'm confused," and you're hearing that voice. And the funny thing is, it's no different than if you were watching a movie, watching a TV show, reading a novel, and a character in one of those stories said, "I'm confused." And you're reading it or you're watching it.

So, this voice is appearing in inner space and it says, "I'm confused." It's happening inside of you, yes, but you're hearing it in the same way that you would hear somebody else talking. And then you accept it, "Yes, I'm confused." And then you're off to the races on wherever that goes. But the Truth (with a capital T) is all that really happened is a voice appeared in inner space and said, "I'm confused."

Now for you, it might be the same thing. It might be a voice or it might be something else. And some of the other examples that I'll be giving you here, it could be unique for you. But you get the idea. It's the same thing. Something is appearing in inner space, or story space, that you become aware of, and then the words are being used to describe it. But there is, I call it the pure, raw experience that appears first.

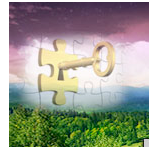
Alright, let me give you another example. I'm sure that many times in your life you have said "I'm really tired today." Or somebody comes up to you and says "Hey, how you doing today?" And you say "Oh, well, I'm really tired." And we just think "I'm really tired." Again, seems perfectly accurate, reasonable, sound.

But the reality is, again, "I'm tired" is words. And they're trying to describe something that's appearing. Again, in this case, in my language, it's appearing in inner space inside of you. Something's happening. There's a unique experience with unique characteristics that's appearing that you are aware of, and then the words "I'm tired" are trying to describe it.

And so, once again, if you put the words on a shelf and you say, "What's actually appearing that I'm calling I'm tired?" If you look at what's actually appearing, what that unique experience is, it opens a gateway to amazing things, and again, it goes much more deeply than I can cover in this brief audio episode.

Okay? Here another example. You say to somebody "I'm angry," "I'm depressed," "I'm sad," "I'm happy." Those are all words. Angry, sad, frustrated, happy, whatever it might be to describe emotions. Again, it seems perfectly reasonable, accurate, and the truth, except it's not. Anger is a word. Frustration is a word. Depression, depressed, is a word. Frustrated, happy, serene, excited, all these words that we use to describe emotions, they're just words.

If you put them on a shelf and you say, "What is this," this is my language again, "What is actually appearing in inner space that I call angry?" "What's actually appearing in inner space that I call



sad?" "What's actually happening in inner space that I call depressed?" "What's the unique experience that's happening that I actually call happy?" You'll see that something is appearing, again, that you're calling that.

Now when I said, "I'm confused" and I said, "What's actually appearing?" And I said for me, it would be a voice that says, "I'm confused." When you say happy, sad, angry, frustrated, depressed, excited, whatever it is, about an emotion, you then have to ask yourself the question "What's appearing in inner space that I'm calling that?"

And the interesting thing, and again ironically, it's hard to put this into words. So many things, especially as it relates to what I call Truth (with a capital T). The more deeply you go into Truth (with a capital T) the more difficult it is to use words, and the more words fail to accurately describe stuff.

But if you say to yourself "What is an emotion? What is a feeling? What's happening in inner space that I'm calling that?" What you find is that there's something mysterious inside of you that's moving, and it's moving with unique characteristics. And so, something mysterious is moving in inner space that you call anger, and it has unique characteristics that you instantly recognize.

And if you say, "I'm happy," there's still something mysterious that's moving inside of you with unique characteristics. But the unique characteristics are different when you say happy, when that word's used, than if you say angry and that word is used. But it's the same thing. There's something mysterious inside of you that's moving in unique ways with unique characteristics, and if you put the word anger, frustration, happy, sad, excited, serene, on a shelf and you look at what's actually appearing, that you're calling that, oh man, it opens the door to a radically different experience of absolutely everything.

I gave you an example of a thought, "I'm confused." Radically different experience of thought when you look at what's actually happening that you're using words to describe. Radically different experience of every single emotion that you experience when you put the words on a shelf and look at, experience, get clear on, whatever language you want to use, what's actually appearing, what's actually happening that the words are trying to describe.

I'll give you another couple of examples in a different area of life, variations on a theme. What I'm going to say now isn't going to surprise you. If you say, "I have a headache," or you say, "My back hurts," back hurts are words, headache is a word. And again, those words are being used to describe a unique experience that has appeared in your life, again, in this case, using my language, in inner space, that you are aware of, and those words are trying to describe it.



So, the opportunity, again, is put the words on a shelf. Forget for a moment the word headache. Look into inner space and see what's actually happening. What is the unique experience? What are the unique characteristics of it that are appearing that you call headache? If you say, "My back hurts," or "My knee hurts," or whatever it is, the opportunity that I'm inviting you to take is put the words on a shelf and say, "What's actually appearing?"

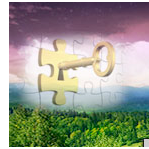
And a lot of times, it really makes it easier, ultimately it doesn't matter, but in the beginning, it's easier to close your eyes, and I'll repeat this in a little bit when I give you my final invitation before closing this audio. It's easier if you close your eyes and then ask the question "What's appearing in inner space that I'm calling I'm confused?" "What's appearing in inner space that I'm calling angry?" "What's appearing in inner space that I'm calling headache?" "What's the experience that's appearing in inner space that I'm calling my knee hurts?"

It's easier to just close your eyes and then try to see what's going on. And again, if this doesn't happen immediately, that's fine. It's a new skill, in a sense. It's breaking an old pattern, and it may come quickly, and it may not. But that's the opportunity. And when you do this, it opens a gateway to a radically different way of being. And again, it goes much more deeply than this, but this is an entry point into this radically different way of being that I call ultimate freedom.

Now it doesn't transform your life. It doesn't make a huge change. It doesn't open a powerful gateway into a new way of life and a new way of being. With all words, there's some words that it's just no big deal, and there isn't the need, it isn't supportive, it isn't helpful to put those words on a shelf. Some words are, yes, they're still describing something.

But if you just use the words and you don't dip underneath to see what the words are describing, it doesn't matter. You don't have to do that with the word car. You don't have to do that with a word like the color red. You don't have to do that with a word like daytime or nighttime, or raining, or whatever.

But when it has to do with things about your life, when it has to do with things about your quality of life, when it has to do with things that you would call good, bad, positive, negative, pleasurable, painful, like it, don't like it, love it, hate it, when it's all these kinds of things that have to do with, for example, thoughts, feelings and sensations, which are the examples that I gave you, and it also extends into things in, again, what I call story space, the physical universe, the world, people, places and things, and your body, to do this makes a gigantic difference when you're able to see what, again, I call it the pure, raw experiences, what's actually happening, what the words are trying to describe.



The effects, the ripples in your life, the transformation that can take place when that gateway opens and you leap through it and you go down the rabbit hole, to use the Alice in Wonderland metaphor, to see where it all leads, the changes can be radical.

So, here's my invitation to you, and then I'm going to close this audio. It's going to be shorter than a lot of the ones that I offer, and have offered historically, which you may be aware of if you've been following my blog or my podcast. So, here's my invitation to you.

First of all, you may want to listen to this audio again, once, twice, three times. And then, my invitation to you is after that, is any time something happens in your life that relates to something that's appearing in inner space, and you find yourself describing something that's appearing in inner space, inside of you, thoughts, feelings or sensations, stop, put the words on the shelf.

If you find yourself saying "I'm so angry. You really pissed me off when you blah-blah-blah." "You really hurt my feelings when you blah-blah-blah. I'm feeling so sad today." Whatever it is. Next time you hear yourself using words like that, stop, close your eyes, put the words on a shelf, look, and ask yourself "What's actually appearing? What's the unique experience that's appearing that I'm calling that?"

And then just, lack of a better term, observe what's actually appearing. And again, this may come easily, it may not. The minute that you do that, whatever the experience is in that moment may appear to vanish, and inner space will just appear to be black and quiet and nothing going on. And what was appearing that you were calling angry, sad, pain, headache, whatever, vanishes.

But if you do this enough, you will be able to see the pure, raw experience. And if your experience is like mine was, and like now tens of thousands of people all over the world that I've shared The Ultimate Freedom experience, or parts of it with, you'll be able to see this pure, raw experience and it will really rock your world because you'll say "Man, look at that. It's not anger, it's not frustration, it's not headache, it's not whatever. It's really this..." And then you fill in the blank with whatever "this" is that's what actually appeared that the words are trying to describe.

So, that's my invitation to you, and I strongly, strongly, strongly urge, nudge you to do that. Some people listen to things like this, they read books, and they think to themselves "Oh, that's interesting," or "I understand what he said," or "I don't understand what he said," or "I agree/I don't agree," or "That's weird," or whatever else it is.

Or they say "Wow, I can see why that would be really fascinating, and they say, "I'm going to do that next time I use those kinds of words," and then they don't. Or they just close this audio, close the book, whatever it is, and say "Well, that was interesting," and they go on with their life. And if that's what happens, that's what happens.



But my invitation to you is really do this, and do it persistently until you really get the experience of what I call the pure experience, the unique experience that's appearing that the words are trying to describe. And then what I'd love it if you would do, even if you downloaded this. If you found this audio on my blog, I'd love it if you would leave a comment and tell me what happened when you did this exercise, if you will.

You put the words on a shelf, you looked at what was actually appearing and you saw blah-blah-blah was really appearing, the pure, raw experience, the unique experience the words are trying to describe. I'd love to—for there to be a dialogue so that I can see that you've actually had the experience and the gateway's been opened, and perhaps you're going to start the journey down the rabbit hole to see where it all leads.

It would help other people that find their way to my blog and listen to this to see what other people have experienced by doing what I'm inviting you to do there. Or send us an email and let us know what happened. Go to my Facebook business page, on The Ultimate Freedom teachings, which you can find by going to my website, RobertScheinfeld.com and looking to the top right where you'll see the little Facebook icon, and leave a comment there.

However you want to do it. I ask you to please send me a comment and let me know what happened with you when you actually did the exercise, you know? Give me a comment, however you want to do it – email, blog comment, Facebook fan page, whatever it is. Let me know. Tell me what happened.

“Hey Robert, I was at a party the other night and I found myself saying I'm feeling so depressed, and then I thought, oh, depressed is just a word. I closed my eyes, I looked at what was happening in inner space, and this is what the actual experience was that I was calling depressed.” And then tell me how that rippled out, what kinds of ahas or lightbulb moments, or whatever you had, how it shifted your perspective of things, what happened when that gateway opened whatever it is. I would love to hear; however you would like to share it.

And so, on that note, I'm going to close this seed plant episode, this drops in the pond episode, this disrupting your normal way of thinking episode. And I will look forward to our next form of contact, whatever shape that takes.

And again, one last request. Please share your comments, your reactions, what happened if you accepted my invitation and did what I asked you to do here.

And, if you'd be willing, share this with others you care about in your sphere of influence. It's pretty important stuff, don't you agree?



OK. That concludes this week's episode.

If you'd like to go more deeply into the topic shared today, you can register for a FREE Video Masterclass I just created.

I call it "A Deeper Level To The Game." You can register here:

[FREE Video Masterclass](#)

On that note, I'll say bye-bye for now and I'll look forward to our next form of contact, whatever shape that takes.

[End of transcript]

For more information on the topic discussed in this transcript, and/or Robert Scheinfeld and The Ultimate Freedom Teachings, visit:
<http://www.robertscheinfeld.com/>

Transcript provided by:
[TRANS²]
www.trans-2.com