

# GET OUT OF YOUR HEAD

3 EASY WAYS TO STOP  
OVER-THINKING & CREATE  
THE LIFE YOU WANT

KAREN GEDDIS



# WHAT DOES 'BEING IN YOUR HEAD' FEEL LIKE?

A lot of us get stuck in our heads. Some people do it more than others. Being stuck in our head wouldn't be so bad if we were stuck in happy thoughts, or thoughts of how well our lives are turning out, but that's generally not what we're talking about when we say we're 'in our head', right?

The reason we're so bothered by being in our head is because it feels NOT RIGHT. It feels downright uncomfortable!

Being in your head means we're constantly mulling over (ruminating on) what we've done wrong, how we feel not good enough, why others trigger us so much. Not to mention, when the next bill is due, when the next deadline is due and whether we'll succeed, how we're going to get our next client or customer, what our next steps are supposed to be.

We're constantly having conversations with ourselves; thinking thoughts that don't serve us at all.

Most of the time we're on auto-pilot and we don't even realise we're thinking these thoughts.

A lot of the time we're plagued with headaches or jaw-clenching – which is a very strong indicator of what's going on up there.

**It's absolutely understandable** that we would spend so much time in our heads, because we were taught to use them for everything.

In school we're taught logic and lateral thinking; we're kept focused on the brain and intelligence and using that to navigate through our learning.

So being in our head is just a learned habit. And if we've been around for a while that habit is pretty ingrained.

**The good news is: Every habit can be changed.**

# BE CAREFUL NOT TO OVERWORK IT

Simply having the desire to be out of our head is enough to start shifting our habit, so we don't have to try too hard or come up with complicated techniques to get on top of this.

In fact, if we're trying to 'push' to 'get on top' of anything, we're actually making hard work of things.

We just have to know that when we ask for something it is given (this is universal law, and even the bible verse, Mathew 7:7, refers to this law: "Ask and it shall be given to you; Seek and you will find; Knock, and the door will be opened to you.").

When we can just let go of the trying, and watch with curiosity as we find ourselves in our head, and then lock in the evidence when we notice that we were able to hold our awareness elsewhere in our body, then we're actually making really good headway to getting out of our head.

And the more we tell the stories of how much easier it's becoming to shift out of our headspace, the more effortless it becomes.

**Judging being in your head as a bad thing** just serves to perpetuate things and it keeps you in your head.

We're so used to putting ourselves down, finding our faults, spending way more time than is good for us submerged in our negative self-talk, that it's easy to add 'being in our head' to our list of self-complaints.

It's important that we don't judge the fact we are in our head, because judgement is placing your attention on the unwanted.

And focusing on what we don't want just brings us more of that.

# **What if all it took to get out of our head was putting our attention anywhere that your head isn't hanging out?**

Without the judgement. Without the effort.

We are so loved and supported by the universe, that it will deliver us what we're thinking about – whether we want what we're thinking about or not.

The universe can't discern whether we want something or not; it can only match what we're putting out there.

It's really empowering to know that we're actually in control of what we're creating, and we really want to start using our head to create more of what we DO want.

We want more time.

We want more energy.

We want more happiness.

We want more freedom.

We want more joy and fulfilment.

We want to make an impact.

We want to feel like what we do MATTERS.

**So, we can take the edge off things by STOPPING the story that being in our head is bad, and we can choose to calmly observe that we have a habit of letting our thoughts run rampant, and then choose to focus somewhere else.**

# RELAPSING DOESN'T MEAN WE'VE FAILED AT IT

When we are shifting decades of habit, there's always a high chance that we'll slip back every now and then.

Knowing and acknowledging that this is absolutely normal will help to keep the momentum going.

If we start to berate ourselves for 'relapsing' we activate the energy of the old habit...kind of like taking 2 steps forward and 1 step back.

When we do slip back, we can revisit how well we were doing; noting the evidence we have that dispels the story that we 'are always in our head'.

Sometimes the relapse isn't easy to turn around, but if we remind ourselves that it's just a setback and that soon we are going to be in the space to get back in the saddle, we keep ourselves from moving into the vibrational place where we attract more of what we don't want.

**Every moment counts...** and by choosing in each moment to place our awareness on things that don't require thought, we can give our heads a break.

If we do this one moment at a time and we keep practicing this, it becomes a new habit and it starts to become as second-nature as being in our head feels right now.

Every moment is an opportunity to start something new.

Every moment can be leveraged to create the life and business we want by making a choice about where we want to focus our attention.

A moment is just that...a moment. A tiny space where we can make a choice about how we want to be.

We can choose to 'BE HERE NOW' anytime we like, and if we string a number of moments together for long enough we change how our NOW looks from 'in our head' to feeling centred, grounded, calm and clear.

**By setting an intention to notice when we've gone into our head and to remember to PAUSE, we can refocus anytime we like.**

**Giving your intuition more airtime** settles the mind and opens up our biggest manifesting superpower.

Communing with our higher guidance / inner wisdom / intuition generally requires an absence of thinking thoughts that contradict how magnificent we actually are (our true selves).

It asks for the monkey mind to take a back seat so that our intuition can take its rightful place as the 'all knowing' voice that's been with us all along.

And it doesn't take effort.

It also doesn't mean we have to spend hours in meditation trying to push the mind away.

It just takes focus and locking in evidence.

The more evidence we can give our brain that our intuition is something to be trusted and incorporated into our decision-making and the choices we make in every aspect of our lives, the less our ego or monkey mind interferes in the process.

Getting to know how our intuition speaks to us allows us to create a distinction between thoughts from our mind (trying to work out the how, planning how we're going to do something, trying to come up with solutions and ideas at inappropriate times).

The more we listen to our intuition, the more evidence we have to build a strong case for this important aspect of who we are.

Soon our brain accepts that we're all in this together and the mind-chatter slows down – hence, we find ourselves not in our head so much.

# 3 EASY WAYS TO GET OUT OF YOUR HEAD

## AND CREATE SPACE FOR EVERYTHING YOU WANT TO COME TO YOU

### EASY WAY #1: Put Your Thinking into Your Feet

Place your feet on the ground and notice how it feels.

As you're thinking thoughts, drop them into your feet as they come in...as if your feet are thinking the thoughts.

It takes practice, but keep at it. You will notice how the energy moves from your head, deeper and deeper into your body.

When you feel the energy in other parts of your body, sit with that for as long as you want to.

If you notice you're in your head again, return your awareness to your feet.

### EASY WAY #2: Breathe

Stop what you're doing now. Just PAUSE.

Focus on your breath as it flows in and out.

Deepen your breath so that you feel your abdomen expand on the inbreath, and contract as you let go.

When you let go the breath, really LET GO. Relax everything as much as you can.

Repeat for as long as you like.

When you feel your mind start to bring thoughts into your awareness, just shift your awareness to your feet.

Wiggle your toes, if you need to. Feel your feet connected to the ground, and BREATHE.

## EASY WAY #3: Give Walking Meditation a Go

As you're walking, become aware of how each foot feels as it lands on the ground.

Really feel into what part of your foot touches the ground and how it lifts after it's touched down.

Notice the air on your face, or your skin. Notice how the air feels as you breath it into your lungs. Notice even the temperature of the air as it moves through your air passages.

Feel the sun or wind on your body. Notice where it touches you.

If your clothing is moving as you walk, notice that.

If you find you've ended up in your head, just come back to being aware of all the above.

*There are no rules for this type of work. This is about finding what feels most effortless to you and then practicing that so that you can hear your inner guidance and follow that to your joy, your purpose, your success.*

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### **DOWNLOAD THE COMPREHENSIVE GUIDE:**

## **“How to Tell If It’s Your Intuition You’re Really Hearing”**

Learn how your intuition speaks to YOU (it’s an individual thing);  
Find out how to tell the difference between your ego and your intuition;  
Get out of the way and let your intuition help you make the right decisions,  
eliminate self-doubt and second-guessing.

**[CLICK HERE TO DOWNLOAD THE GUIDE](#)**

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# SOME COMMON QUESTIONS ABOUT GETTING OUT OF OUR HEAD

**Q:** I do feel like I have really good ideas right before I go to bed and sometimes I think that if I don't let my mind wander, those ideas would never come about. What is the easiest way to go back to TRUSTING, because I've been very conditioned to do things myself, get things done?

**A:** The key word here is TRUSTING. When we understand that we are merely undoing years, and even decades, of conditioning, then we can be gentle with ourselves in this process.

Our inner guidance / inner wisdom / intuition has all the answers, and once we have honed our ability to hear it, we will have a ton of evidence to help settle the chatter of our minds when we start to live and work from this more present, centred, calm 'out of our head' place.

You might like to create a mantra for yourself along the lines of, 'I know that these ideas will show themselves to me when the time to take aligned action comes.' (and when you have these ideas return, and you take action, and you have a great result, LOCK IN THE EVIDENCE by telling the story of how you trusted that the ideas would come again and they did).

You could also repeat the affirmation, 'It's not my job to work out the HOW. It's my job to be on the lookout for nudges from the universe that will tell me when to take action in the perfect time for me.'

You could have a look at times that you surrendered the HOW (usually unconsciously / by 'accident') and then tell the story of how things worked out. The more you can get your mind to believe that its job is not to work out the HOW, the less you'll have thoughts interfering with what you're trying to create for yourself.

If your mind is uncomfortable with these techniques, you could try dumping your ideas out in a journal before sleep until the new techniques have become more ingrained. If we don't placate the mind, sometimes it can kick up a fuss and cause more discomfort when we first start working (energetically) smarter.

**Q:** My mind is always racing about how to fix things, or "save" people/things. Do you have any acceptance techniques? It's really hard when I care and want to help as much as I do?

**A:** This is a deep topic, and is more often than not woven in with our beliefs about ourselves and what we've been taught about needing to fix things, but as a starting point you might like to try a mantra like, 'I allow each soul to walk their path. I know that every person has their own journey, and if I focus on mine I'll be in a better position to empower them when I am not looking at them as needing fixing.'

Remember, too, that you are being shown powerful solutions when your mind is racing, and you don't need to act on them as soon as they appear. You can wait until inspiration strikes to take your action...and you'll find that the inspired action is perfectly timed and has the impact you wanted when your mind was racing!

**Q:** How can I tell whether I'm in my head or whether I'm hearing my intuition?

**A:** Basically, you can tell by how you FEEL. In the ['How to Tell If It's Your Intuition You're Really Hearing'](#) guide, there's a longer explanation on the difference between Ego vs Intuition.

To keep it simple: Intuition feels sure, it feels right, it feels like a wise voice guiding you. When you're in your head you generally have repetitive thoughts that feel fear-based (not wise and sure). The thoughts are more likely to be 'negative self-talk' than positive encouragement.

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# Who is Karen Geddis?

Karen discovered her love for personal development when she started to explore the cause of her severe clinical depression in her early 20's.

That journey led her to discover the concept that everything is energy – that our thoughts and emotions are energy – and that we create our own reality by the thoughts we think.

By changing her thoughts, she cured her clinical depression and ditched the medication she'd been told she would be taking for the rest of her life.

The journey to her SELF began. She noticed that a theme running through her life was one of trying to find herself; identifying who she was and what her purpose was.

She discovered that Karen was always there, and that she'd just disconnected herself as a child and started to live life the way others said she should.

It was when she truly came back to who she was (who we ALL are) as a powerful creator of her own reality that she started her coaching business to help others do the same.

She honed her higher guidance, and discovered a manifesting superpower that brought her the exact piece of land she'd been looking for to build a family home on, a dream kitchen (that she didn't pay for), an easy relationship with her husband and her beautiful, powerfully connected daughters who know their worth.



She has helped many people to manifest dream jobs and better relationships, to find their purpose and uncover the gifts and talents they'd kept hidden, heal their money stories, and lessen their self-doubt and overwhelm so that they can truly BE in this world without fear of judgement or ridicule.

Karen is the founder of the Work (Energetically) Smarter™ framework for living and working in the new paradigm (where masculine and feminine are in harmonious balance and wholeness), and she runs 12 week intimate mastermind groups for people wanting to uplevel themselves so that they can live the life they were born to live – that life that gives them the time, energy and freedom to be who themselves while making a massive impact on the world.

You can enquire about working with Karen [HERE](#).

You can request to join The Effortless & Aligned Creators' Collective Facebook group [HERE](#).

You can follow Karen on Facebook [HERE](#).