



LEARNING TO FLY

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Learning To Fly

Introduction

Where are you in terms of flying your plane?

This little eBook is an analogy about the 3 levels of awareness.

Right now most of us only operate on the first 2 levels of awareness - Learning to fly our plane.

This analogy will help you to understand what has to happen to help you to fly your plane with ease so you can reach ultimate freedom.

Think about your life and the people in it, including you, how aware are you? How aware are they?

It is easy to learn the words, putting action to those words is hard, and adding intention to that action is more so.

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Even harder still is doing all this consistently.

It takes conscious effort, we have to focus really hard,

Remove all that mind chatter, and swallow down all of that emotion.

If we want to think and manage our way forward and get a handle on things, it takes effort and energy. Effort and energy that is often depleted.

For those of us that have been doing some self-development work, we have raised our awareness, learned tools to enable us to self regulate our thoughts and emotions, and hopefully stay more in the moment.

That's when we remember to, and our old sabotaging ways don't put a spanner in the works!

Awareness Gift or Curse?

Here's the thing about awareness. When we have it or have developed it, we sometimes wish we were unaware!

This is what I hear people say..

"I wish I was unaware because life would be so much simpler!"

It is very important to remember that when we have been through some tough childhood trauma, we have automatically develop a raised sense of awareness. It is a survival mechanism that we develop to keep ourselves safe as children.

We develop a hyper-sensitive awareness to people. situations, environments, sounds, tones of voice, energy, and our senses are vigilant.

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Unfortunately, this level of awareness can cause us problems as adults. We turn into detectives, looking for evidence to back up our theories and beliefs about ourselves and other people.

What happens is that instead of our awareness keeping us safe, it starts to cause us problems, self-doubt, and self-sabotage.

We become self-critical and judgemental on a whole other level, because we believe that we know for sure what our awareness is telling us.

People get stuck in this cycle of self-sabotage for years and years.

But your awareness is a gift, your experiences that have heightened your awareness can be used in adulthood in a positive way to get you to a new level of freedom.

The story of the 3 levels of flying your plane

Imagine you are in an aeroplane going through your life every day.

This is a metaphor representation of the 3 levels of awareness that people live their lives by.

Some people are living a more conscious and aware life, this is what we are all striving for.

When we want to improve our lives and seek to change aspects of it, we start to explore ourselves and the meaning of our lives at a deeper level, and we do this with self-reflection, with the aim of finding our true purpose.

The 3 levels of flying your plane. Here are your 3 choices of how you handle your plane.

- 1. Autopilot**
- 2. Learning to fly**
- 3. Flying your plane .**

Level 1: Autopilot

Press the button and off you go!



.You are on autopilot, crashing into things, leaving a trail of debris behind you, the wings and bodywork are damaged, scrapes and scratches everywhere. Completely unaware of the devastation going on around you.

You sometimes wonder what is wrong with the other pilots, they just keep getting in your flight path.

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Circumstance dictates your life, trouble seems to just find you,

Life happens around you.

You are constantly feeling like you go from one disaster to another, out of control, but it is never your fault.

You are flying your plane, you get in and use cruise control, that's what it's there for, right?

Even though you experience the turbulence and the pain of losing parts of your aircraft, making it increasingly difficult for it to fly in all weathers, you continue, because at least you are still airborne, at least you can replace the damage when it gets to the point of crashing.

There have been many quick fixes on this flight, none last for very long.

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They cover up any visible damage and you are a master of disguise, as long as it looks OK, it is OK.

The other pilots are just the same as you, their planes are damaged too, but yours looks better and that's all that counts.

With little, or no self-reflection life just happens to you, conflict with other planes and pilots just seem to happen to you.

Your plane is very damaged and sensitive, but you carry on hoping it will be alright.

Level 2: Learning to fly

The plane crashes!



Your plane crashes into the mountain. It is a bad crash. The plane has no choice but to fall from the sky in a heap. You get out of the plane and inspect the damage, luckily you were not killed in the crash,

"Will it ever fly again?" you ask yourself.

"What can you do?"

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You gradually pick up the main parts of the damage and start putting it back together, patching it up.

You look around you and start to notice the damage to other trees and mountains, and the other planes that have been grounded, the wounded and the angry pilots, you stop and think, **"did I do that?"**

You begin to look behind you and see some of the devastation, your heart sinks, **"Was that to do with me?"**

You get back in your plane and vow to fly the plane yourself. You begin to learn how to fly, it's shaky to start with. But you think about how you can change the way you fly your plane, you may get some training.

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Whilst you are learning to fly your plane, you sometimes put your feet up on the dash board and let it go on autopilot again, but soon realise that you are not ready for that as you plummet towards the ground.

It starts driving you mad, you are doing everything possible to fly your plane. You practice affirmations every day, do yoga, practice mindfulness, you have enlisted a professional to help you to learn and develop your skills.

You have taken it very seriously, your responsibility in all of the past mistakes that you have made. You are now raising your awareness with every bit of training possible, you are reading self-help books and watching videos by every guru out there.

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The plane doesn't get easier to fly, you are constantly looking out for the next mountain because you know it's coming up ahead.

You tell yourself **"I am a good person"**, **"I am free"**, **"I am amazing"**, but with every affirmation, the frustration grows a little more. You feel angry, you recognise your anger because you practice mindfulness, but the anger and frustration doesn't stop no matter what you do.

You have done the work, been in therapy, had training, you know this stuff, you might even be helping other pilots to fly their planes.

But no matter what you do, how you try to manage and control yourself and other people, nothing changes. The cycles stay the same and you feel like you keep going back to square one.

Level 3: Flying your plane

Flying with ease!



You are trying your best every day to fly on your own, but you still feel like you are searching for that missing piece of the puzzle.

What are you missing here?

You have been feeling like you have to watch, manage and control everything.

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There are so many coping mechanisms to think about all of the time. You are holding onto every bit of those controls in the cockpit so tightly, doing everything you are supposed to do.

But when you take your eye off the runway for a second, your plane just seems to veer off still.

"Come on, I should know this stuff by now!" You think to yourself

You stop and consider everything you know, you are thinking more clearly and when you allow yourself to, you feel happier too.

Your mind has been trying hard to concentrate on how you feel, and your emotions have been trying hard to come to the surface. but with all that managing and controlling, all of that focus on avoiding a crash and all of those beliefs about being on autopilot, you have been unable

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to let go, to find an acceptance for yourself.

You give yourself permission to believe in yourself, to go deeper than ever before and change those negative beliefs that have been so ingrained,

You allow your emotions to rise and you embrace them as they wash over you and cleanse your soul, your mind clears, everything looks vibrant and fresh.

You realise that all that mind chatter was a diversion and cover story for your deeper limiting beliefs. and most of those beliefs were never really yours in the first place, they are just stories that have been distorted like Chinese whispers, through the generations of your family.

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Now you choose only to take the the positive beliefs forward as your gift from the past, and from now on you can fly.

You have your answer, it was there all along, you got your pilots licence, you are free, flying, nothing up ahead, the sky is blue and clear of mountain tops, because you are living your authentic purpose, your whole being is aligned, and functioning on all cylinders. Your Mind, Emotions and Behaviour are connected and serving you as they are meant to.

No longer does anything taint your life, yes life happens and difficulties arise, but they are just a bit of turbulence, a little bit of thunder and lightening perhaps, but you can see that up ahead, you are prepared,

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You are a pilot, you can land your plane safely and wait for the storm to pass before you start the engine again.

You refuel and continue on your way. The sky is bluer, the grass is greener, the flowers smell stronger and you are truly living and flying free for ever more.

No longer are you holding on tightly, managing and controlling, feeling stuck, over-thinking every little thing, overwhelmed by emotions and regretting reactions.

Your mind chatter has cleared

Your emotions are flowing

You make clear decisions and take action.

Learning to fly homework

Learning to fly your plane takes dedication to yourself, commitment and perseverance, never give up on yourself, because you are meant to be living your life to your full potential, to your highest purpose.

Take a look at this homework and let me know how you get on..

What is your biggest learning from this story?

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What have you done so far to learn to fly your plane successfully?

What are the repeated obstacles that you crash into the most regularly?

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What does it feel like when you experience moments of flying your plane with ease?

Between 1 and 10 how important is it for you and your life satisfaction to learn to fly your plane right now?

1 2 3 4 5 6 7 8 9 10

Flying with ease

Empowered Relationships

The Empowerment Programme

The ultimate relationship therapy

Using EMBTherapy for individuals and couples

Easy to understand, step by step personal support.

Personalised and uniquely individual.

A fast track solution to negative habits,


mental and emotional health problems,

communication difficulties, relationship issues,

unresolved childhood trauma,

anger management, anxiety,

stress, and other relationship problems.



**The most important relationship to master
is the one you have with yourself**