

EXCERPT FROM
AUTOBIOGRAPHY OF A DREAM MASTER

COMING OUT OF THE METAPHYSICAL CLOSET

A SPIRITUAL JOURNEY TO ENLIGHTEN,
ELEVATE YOUR CONSCIOUSNESS &
AWAKEN AUTHENTIC EMPOWERMENT

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“MY PEOPLE” AND “NOT MY PEOPLE”

There are only two kinds of people: “My People” and “Not My People.” That’s a deceptively simple statement. We’ve all heard some variation of the phrase “my kind of people.” I took that phrase to heart and, over the years, came to deeply and fully embrace it. It’s a concept as old as humankind. Your ability to thrive, procreate, and survive lies in your ability to discern friend from foe. It determines who is and isn’t in your life, from your relationships to your career.

Note there’s no judgment because it isn’t about right, wrong, age, race, height, weight, religion, politics, sexuality, food preferences, boxers or briefs, zip code, career, economics, education . . . none of that stuff. It’s about how a person interacts with you. When you get that . . . it’s life-changing. Paradoxically, all those elements just listed contribute to the total makeup of a person’s personality, disposition, career, character, and so forth.

You know exactly who people are! You do, you do, you do! Even if you think you don’t, you know from the moment you meet. With every person who has ever crossed your path, you’ve immediately instinctively known if they’re your people or not. If you hang out with anyone long enough, they’ll always prove your instincts are right without fail. Even if someone lies and puts on an act initially, they won’t be able to sustain it forever. Eventually, they’ll revert to their true nature and show you exactly who and what they truly are.

MY PEOPLE: You instantly like or love them and are drawn to them like a magnet. They make you feel good, calm, centered, and energized. They’ll uplift you; support your dreams; be there when you need them, in good and bad times; really listen; and sometimes tell you what you may not want but need to hear. They always have your best interests at heart and support you, come what may. They respect and love you unconditionally. It’s a mutually rewarding, beneficial, and fulfilling relationship.

NOT MY PEOPLE: Pretty much the opposite . . . and you know it. There’s something off, not quite right. You aren’t entirely comfortable being your authentic self around them. You get that gut feeling something isn’t right, but maybe since you can’t quite put your finger on it, you allow them in your life since there’s nothing overtly “wrong.” Depending on the circumstances, you may feel uneasy about not allowing them in your life (especially if it’s a relative, your in-laws, your partner’s friends, your boss, your neighbor, etc.). They can be mean and manipulative or not. It’s a lopsided relationship that’s never in your favor. They don’t have your best interest or highest good in mind, whether it’s intentional or not. Nonetheless, if you honestly look at the relationship, it’s not mutually beneficial. It may not always be obviously negative or abusive, but many times, that’s the case, to varying degrees.

If you spend enough time with someone and let them talk long enough, they’ll show and tell you exactly who they are, what they’re about, and what they want. Most of the time, we’re too busy composing our responses to what they’re saying; trying to get a word in edgewise; or trying to tell them all about our life, hopes, fears, and so forth. (By the way, that’s you telling them whether you’re their people or not!) Most of the time, we’re not fully present in the moment, listening to all they’re saying or not saying with their words, tonality, body language, and energy. More importantly, we’re not listening to what our instincts are revealing. Your higher self is constantly communicating with you. It’s only a matter of what you’re willing and able to hear, understand, accept, and act on.

One huge point I want to make is the importance of distinguishing between My People and “familiar.” Just because someone is a blood relative, someone you grew up with or went through school with, someone you work(ed) with, your preacher, a teacher, or someone you married or dated or have sex with . . . that doesn’t make them My People! It only

makes them familiar. Make that distinction! Familiar can be the most dangerous of all because you let your guard down when you think or feel a situation or person is familiar. Just because something/someone is familiar doesn't make it/them good for you.

Have you ever heard, "Lose your mind and come to your senses"? Stop, focus on your heart, and then notice how you intuitively feel. Lose your mind and come to your senses because our intuition is more informative than thoughts. Take note of how you feel or what you notice when you think of or see a certain person, when you're together, and before you go to meet them or after you've spent time with them. Does it feel good/positive or bad/negative? It can be blatantly obvious or so extremely subtle that you can easily misread or miss it entirely. All the signs and information you need are there. It's a matter of how in tune you are that will determine your outcomes. Developing your discernment muscle for My People versus Not My People will serve you well and save you time, aggravation, money, and possibly your life. It can help you accept the perfect job or refuse the wrong one. Marrying Not My People just because they're familiar will likely lead to divorce, which can cost you more than money by being emotionally painful for you and your children, family, and friends. It's a common theme in many movies, TV shows, novels, songs, and the nightly news that people get hurt, raped, and killed by people familiar to them. This life skill affects you individually and ripples out to everyone.

Figuring out who you are and then weeding out all the Not My People from every area of your life is a challenging and life-changing endeavor. You'll be astonished at what a difference it makes in obvious as well as subtle ways. You'll wonder how in the world you didn't utilize all this long ago. Life is far too precious and short to have Not My People making things more difficult than necessary. There are plenty of My People out there who genuinely cherish you. By weeding out all the Not My People, you'll have more time, money, and energy to live a fuller life to share with those who appreciate all you are (and aren't). It takes courage to stand up for your convictions and determine who will or won't be allowed in your life (especially if it involves family or your career). Sometimes you may feel stuck due to circumstances. Sometimes all the talking in the world won't resolve differences or get someone to treat you how you want and deserve to be treated. You control who gets your time and attention.

I emphasize that it's your choice who gets to stay and who must not be allowed in your life. It may be in your overall best interest to get a different job or move rather than put up with that belligerent boss or neighbor. It's a matter of choosing what you want and then enforcing your boundaries to ensure people know who you are and what you will and won't tolerate if they're to remain in your life. Standing in your true power and taking control of your life allows others to make an informed choice to honor you and your wishes or not be in your life. We are all willing participants with free will over our lives. I never allow anyone to "should" on me, so this isn't me telling you what you should or shouldn't do—just sharing another life lesson that's enriched my life in astonishing ways. Hopefully, it'll inspire and help you as well.

~ Lisa Rhyne

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