

BREAKING BARRIERS



Tye Jones

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INTRODUCTION

The purpose of this book is to reflect. Life can be daunting on a daily basis. In my memoir, I dived into key elements of my life so you could take a journey with me, and to understand, Tye Jones. Now, I want to help my readers, future clients, and listeners, during my speeches on breaking barriers.

CHAPTER 1 : YOU DEAL

Let's take a minute and inhale life and exhale the process of how you tend to deal. How do you deal? ...with your job? ...with your family? ...with your kids? ...with your friends? ...with your mate? You go through it and you make the choice to deal! Becoming an author and handing over your truth is never easy. For me, I went through stages and here is how it went:

Stage 1. Ideas and instruction.

During this stage, I asked a lot of people for their opinion and feedback. I wasn't sure if I was doing the right thing or was even making the right choice for that matter.

Stage 2. How do you deal with balancing your creative mind and your job?

You leap out on faith and the rest will fall into place. The most amazing part was once I began to write, I couldn't stop. Every break I came across, I locked into my mental journey and I wrote. Not to mention, once my daughter was taken care of and off to bed, writing consumed my mind well off into the wee hours of the night.

Stage 3. The finished product.

At the phase of completion, how do you deal with family and friends? The few that read it, enjoyed the rough draft and provided their feedback. Most were positive, and of course, some were negative. (Writers: When dealing with family, receiving feedback from those who love you, can often times cause collision). Even if the feedback is coming from the best intentions, it may not be conducive to your journey. The best advice I can give, would be for you to seek and receive assistance from some like-minded individuals. Let me recant for a moment...if you have fellow authors, or whatever dream you are seeking in your family, ask them. If you do not, they may mean well, but they cannot relate. Well, well, well...How to deal with you mate? Good, bad, or indifferent, their approval is the most validated. Everyone you are close to will support. The person that has your heart, your mate, the push, the battery that usually supersedes everyone, comes from them.

I challenge my writers, artists, and every day dreamers, to DEAL. Even at this stage in my life, I have to often remind myself to seek support with helping me deal. Every motivator needs motivating at times. Accepting the challenge of dealing with yourself, will not come easy. To be very candid with you, I am dealing with myself more than ever these days. There are things that I may have done or said in my past, that have now come full circle. So, now I have to deal with it and be accountable. I will also note, it does not feel good at all. Readers, this is one of the most uncomfortable things I've ever dealt with in my life.

However, is it necessary? ABSOLUTELY. Now, you can relate as it is happening. Lastly, the discomfort that comes with the process is growth. This "Chocolate girl from the BX", as I so confidently call myself, strides on that track every day.

Dealing is not something you set a goal for, achieve, and move on. Dealing is something that shifts different outcomes. So, before you make any rash decisions dealing with the source (you), clear your mindset and prepare your energy for non-regrettable outcomes.

Here is my last point on dealing: Recently, I was seeking advice instead of dealing. I sat still for a few days, as I was undecided. Then I began seeking advice again. During that time, it happened for me. I dealt with the situation and handled my choice as it best fitted me. Readers, here is something really funny that I know you can relate to. By the time we seek advice, we already genuinely know the decision we want to make. We just want someone to draw that same conclusion. One of two things happen: 1. The person may relate and/or have an understanding to support your feelings. 2. You can end up more confused than you were before the advice you sought after.

In conclusion, choose to deal...or life will eventually deal with you!

CHAPTER 2 : THE FUCK IT'S

The fuck it's is a phase in one's life. You may use a different term or another form of lingo. It's a point where you just don't give a fuck. Yes, I know that may come off strong and may offend some. This eBook will be one of two things for you: 1. The reason you began to be honest and candid about your life. 2. Cause you to close out of this book and decide it may not be for you.

Now that we have that out of the way, back to business. The fuck its happen to different people at different times. For some, it happens at a young age. They have been teased all of their life and finally got to a point where they love themselves more than the hate. They then say "Man, fuck this! The power of my confidence belongs to me." For others, it has always been in them. They may be loving, giving, reliable and loyal. However, don't cross them! If you do, that will be it. They will shut down and say 'fuck it'. Then, there are those who are selfish and never keep anyone but themselves at bay. They say fuck everyone, everything, or any outcome that doesn't benefit them. There are also those where they finish high school, begin life independently, and say 'I am going to achieve my goals no matter my hardship. Fuck this.' Then, there are the 30 plus almost 40, that say 'Fuck this. I have been on that hamster wheel long enough. Things are going to change now!' My family and friends that are 40 plus heading towards 50, who have become so seasoned with life through trial and error, always ask me "Why are you letting so many things affect you? This is your life, your dreams, your aspirations, your outcomes. Fuck it." Then, there is my mother's age 70 plus. They believe feeling any other way than 'fuck it', is so unnecessary.

I believe, and I quote 'I believe we all have it in us. However, once that confidence level comes into play and you know who you are. Fuck it, fuck that, fuck them, fuck looking back all comes into play.'

CHAPTER 3 : YOUR TRUTH

What exactly does it mean to live in your truth? Your truth is the journey you embark on every day. However, the question is: Are you living in your truth?

Your truth deals with you typically when you are alone. Whether you are home, driving in your car, sitting on the train, at lunch while working, and finally, when you are drinking. You know what the truth really is about yourself. Yet, many of us (including myself at times) try to act like we really do not have a clue.

So, here is the upside of knowing your truth. It repeats itself until you acknowledge it. You will find yourself in similar situations, repeated conversations, watching things on the television that trigger your thoughts, and (if you are a parent) your children will show you the very things you are trying to hide.

Before I go any further, while you are reading this, ask yourself these questions: Am I hitting any of the things you know every day, yet do nothing about? Am I talking about topics you never considered to be a portion of things you never realized played a major part in your life and outcomes? If so, let's continue. If not, close out. If I can guess I put my finger on it 'ah ha', I just may be on to something.

Let's dive right back to it. LET ME BE VERY CLEAR WITH YOU! I do not care what walks of life you are in or what your financial class you come from. Everyone gets dealt with.

If you are trying to be in the streets, be it dealing drugs, scamming, or stealing, and you know you are perpetrating a fraud, you know the truth. If you are at a point in your life where you realize the streets are no longer suitable for you and it is time to get your life on a more different path, your truth has dealt with you.

If you are in a terrible job or rather a job you are not fond of but you do it for the money. Your truth deals with you every day. You are never in a good mood, your attitude reflects your unhappiness and the people around you can tell. Your truth can not be concealed, the truth seeps through every chance it gets.

If you are in a relationship, and (YOU) not what any one tells you may not be good for you, or you keep trying to convince yourself that the chemistry is there when you know it is over. Your truth tells you and reminds you of it every day. Yes I know, this one is touchy. However, I talk it because I lived it. On the flip side to your truth reflecting, is when it is not working. Truth also reflects what is best for you. NO MATTER what it looks like from the outside, if YOU still want it, then that is exactly what you do. By all means stick with it. When the time comes again, your truth will shift you and it will be done.

P.S. Do not and I repeat do not partake in a ton of activity that reflects anger, if you know you are not done. Do not tell others you are done, if you do not believe that yourself. Why you ask? I say this because after you are mad and do something that reflects anger and ego. When the smoke clears or you feel like you want them back or even want to be bothered, you cannot take it back. Finally, relationships do not only reflect couples. This goes for friendships and family also.

Pick and choose your battles. These gems I am providing are truly valuable whether you believe so or not. Your truth will surface and find you.

CHAPTER 4 : YOUR INTUITION

Which leads me into my next segment. First, you have to live in your truth before you can follow your intuition. Your intuition tells you what is next. It sits at the pit of your stomach. It is your know factor.

For example: When I lost my job, I had just begun writing the book. The next day, I woke up and said to myself, 'It is go time.' Ok, let me back up a little. I am not perfect and I can get ahead of myself sometimes. I wanted everything done overnight. I had to have talks almost all the time, because once I am engulfed in my dream, I want it now. I mean who wouldn't, right? Ok, now back to the process. Within a month of being laid off, I was done writing and concluded my first photo shoot. 'Woow' I said to myself. Look what I had done in such a short period of time. This is easier than I expected! So I thought. Then, the real work began. In a nut shell, let me say this...You will get out what you put in and sometimes, free help does not help. My intuition repeatedly reminded me that completion of my book was the only option. So, every road block I hit, I went around (and there were a few). Yet again, nothing and/or no one was going to stop me from the finish line. By God's Grace, my truth, my heart and sole intuition, in four months not only was the book completed, it was ready for sale.

I gave you my story to say this. INTUITION is the steam roller of your life. It is the know factor that God instills in you. Intuition surfaces even after you better it and something happens and you immediately say to yourself (in the most humble manner) 'I already knew that.' So, my example reflects the know factor in my life. I would not have guessed in a million years that I would be an author, coach, and motivational speaker. However, since I was a young girl, I always knew I wanted to be a boss.

Readers, what is your intuition telling you? Is it telling you to leave that job? Move out of that house? End that relationship? Stop being so needy? Get your life together? Stop being a victim and become a victor? Step out on faith? Be honest about who you really are?

Or, you are not sure just yet, because you have a case of the 'fuck its'. Better yet, you still have not been truthful with yourself.

Either way, intuition follows you. You can go around and do a complete 360 and assume you had things all figured out. Only for your intuition to remind you of how the steps you are taken were ordained. They were set up to fulfill what you story is supposed to be. Readers, you are not fooling anyone, but yourself until you submit and take these steps at reflecting and moving into a better you.

Wake up knowing you are taking the steps to live in your divine purpose that is placed on you. As I stated when I talked about your truth. Every day I am working at being a better me by all means. Life no longer has the reigns on my happiness. Money, a job title, or salary class mean nothing when you are not true to you. Now, despite whatever obstacles I may face, I find a way to clear my head and sit still. Once I do, I can think realistically and true. My intuition directs me on what I need to do.

I make tons of mistakes all the time. However, now I have people that hold me accountable and true. These steps are becoming easier for me. Guess what? They can become just as easy and a part of you, too!

What is your intuition telling you?

CHAPTER 5 : BY ANY MEANS NECESSARY

Ok, readers, we are at the final and most pivotal portion of this self-help journey.

By any means necessary is crucial. It is the final factor of your being. Once you figure out how to deal, you may end up with a case of the fuck its. Once you deal and know what's your truth, your intuition will reveal what is near, dear, and true to you.

By any means necessary reflects determination. I am not in any way talking about using people, endangering yourself, or even doing anything that is not realistic and could reap serious consequences. What I mean is getting out there and figuring it out. Now, a lot of people are not good at that, and that is ok. I was always savvy, but once I was comfortable, I stayed with it. I thought that was the right thing to do.

Once you adapt the 'by any means necessary' mindset, you change. Stepping out on faith and into your own is priceless. I will use myself again as an example: Once I lost my job, my mindset changed. To be very candid, I no longer seek a job. I seek a life change. I work as hard as I can and repeatedly utilize trial and error as my goals have changed.

To the conscious mind, the first thing that comes to play is 'How am I going to pay my bills?' Yet, the peace that comes from setting and achieving goals towards your dreams is priceless. The second most important part of the process is standing strong. Your family and friends will mean well, because they do not want anything bad to happen at the hands of no real income. That is when you seek like-minded people and lean on that circle.

For me, my example reflects starting my own business and coming into my own. However, 'by any means necessary' goes along with the stream of growth and your plan A only strategy. Plan A means good, bad, or indifferent. You stick to your goals and you never give up. You know what your intuition tells you and you NEVER give up till you get there.

So, as I conclude this self-help ebook, I ask you...Are you ready to break barriers? Are you ready to commit to self-inventory? And most importantly, how vital is a clear minded, goal setting, truth living, intuition following, 'by any means necessary' individual to you? Let's get started, readers. Everything begins and ends with you!

Put that hammer in your hand or lift up your feet and break those barriers. YOU CAN DO IT!