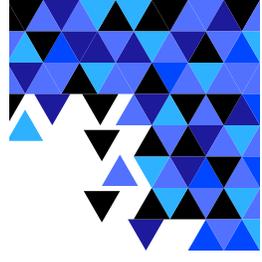


# As Told by Kole



#PodcastNotes for Episode 38

"I Don't Receive That."

If you follow me on Facebook, you may know that I did a live video last night about the power of agreement. I talked about how important it is to come out of agreement with the negative words that have been spoken over you either by yourself or others, and how important it is to not even come into agreement with those words in the first place. I'm not going to talk about the whole video, because I'm going to put it in my EMERGE course as a lesson this weekend. If you don't know what EMERGE is, it's a course that helps you develop healthy habits concerning your mental health and your relationship with God. It also helps you to dig deep and get rid of limiting beliefs that are keeping you in bondage without you realizing it.

EMERGE is free until December 15th, and after that, it will be \$27. If you want in, just go to my website and scroll down until you see EMERGE. Totally free for another seven days.

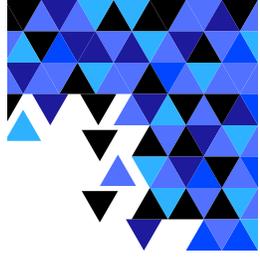
Back to last night's video. I talked about how sometimes, we internalize negative things that people have said about us, and as a result, those things begin to play out in our lives. I gave an example of how the same thing can be presented to someone in a positive and negative light and how each one has a different effect. Here's the example:

Let's say you're overweight. Friend A comes to you and says, "Man, I'm really concerned about you. I want you to think about how we can work together to lose this weight because I want you to live a long and healthy life and I don't like to see you putting your health at risk like this." Friend B says, "Man, you need to lose weight. You're walking around here looking all fat and sloppy and nasty. No one is gonna want you looking like that. You think a job is gonna hire you looking like that? You look a mess. You need to lose that weight."

If you internalize what Friend A says, you're going to be motivated. You're going to feel like someone loves you and is concerned about your health and wellbeing. You're going to want to be better and do better.

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#PodcastNotes



If you internalize what Friend B says, you're going to feel discouraged. You're gonna see your current situation as an insurmountable mountain, and you're going to feel bad about yourself, your appearance and your future.

See the difference?

This is why you have to be careful about what you receive into your inner being. Just because someone presents something to you doesn't mean you have to receive it. Just because someone speaks a word over you doesn't mean that you have to come into agreement with it. When you come into agreement with words that are spoken, you establish those things as law. Be very careful with that. It's perfectly okay to say, "I don't receive that". You can say it out loud to the person or you can say it within yourself. Your words have power either way. Always remember that. You don't have to be what others say you are. There is truth in statements even when they are said maliciously. Both friends were telling the truth about the fact that you are overweight. However, you can receive the truth of something without receiving the baggage of the other person's malicious intent. Got it? Awesome.

Have an amazing day today. Show love to yourself AND others. Be GREAT! I speak life to you and everyone and everything connected to you! Catch me tomorrow!

XOXO,

Na'Kole ♥

As Told by  
Kole