

ROXANA JONES

I AM OUT OF THE BOX NOW WHAT?

From the mind to the heart, a transformational journey



Had I not created my whole world, I would certainly have died in other people's.~Anaïs Nin

I am out of the box, now what?

Roxana Jones

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- [*While I Was Learning To Become God*](#)
- [*Mientras aprendía a ser Dios*](#)
- [*HealThruWords Inspirational Quotes*](#)

*“Who hath put wisdom in the inward parts?
Or who hath given understanding to the
heart?”*

BOOK OF JOB (38: 36)

Introduction

I have written this free e-book especially for you and for me. Yes, for both of us because I believe you and I share vital things in common. Even if we haven't met, even if we will never meet, I know for sure that we both have similar ways of feeling. Our minds can think differently but when it comes to our hearts, no matter how far we are from each other, and regardless of our race, gender, age, religion, education, sexual preferences, financial status, or any other label, we are always sharing the same energy that created us both in the first place: the energy of Love that is common to all living things on this Earth.

So, if we are made of the same energy of Love, and supposedly feel it in similar ways, why is it that when it comes to experiencing

life, not all of us are equally happy and fulfilled?

Before I continue, please take some few minutes to answer these questions and see which one fits you better. Don't think too much. Don't try to control the answers that come first:

Do you live a life where your mind is the one leading the way? Or,

Do you live a life where your mind and heart are both leading the way? Or,

Do you live a life where your heart is the one leading the way?

Now that you've done your Q&A homework I will share my answers with you so that you can have them as reference. But before

doing so, I need to define what do I mean by being “out the box.” This is an expression that became popular since the late 1960s or so, and everyone uses it without even knowing the importance of understanding its meaning and applying it into their lives. Basically, a person that lives “in the box” is an active member of the productive sectors of a capitalist society. One employee or independent worker who has a job and gets paid for it, one individual that creates his or her life depending upon that specific job and the amount of money he or she gets paid for executing it. In this scenario, a job defines what you are, who you are, and all of your perceptions (cultural, religious, political, economic, etc.) of the world are controlled by that society that is “hiring” you to act through a specific role so that the system is able to continue reproducing itself as is, generation after generation. In this context, the “box” symbolizes rigidity and squareness as the person living in it doesn’t

really need to use his or her creativity and imagination. Having said that, many of us (and the number keeps growing exponentially) have decided or continue to decide getting “out of our boxes” so that we are able to recuperate our creative and imaginative powers, and use them to manifest a whole new way of living: one where the individual is no longer defined by a task or role but by what he or she truly is: a valuable, worthy, and free human being who is capable of creating endless possibilities with the life that has been given to him or her.

I have decided to write about this “out of the box” idea because through many of the comments and emails I get from my friends and readers, I see that the number one blockage people are confronted with right now when they’re trying to change that which is no longer of service, or simply

don't want any longer in their lives, is the fear of getting "out" of a current situation, and having to face the uncertainty of "now what?"

So let's go back to our previous three questions. I will answer them in strict order, as I believe they are not separate from one another and they can even be a sequence that naturally takes place in our lives. The exercise is important as at the end it allows us to realize that after one is out of the box—I mean completely out—one really doesn't need to ask the threatening "now what?" only because reality is transformed in such a wonderful and magical experience that one simply doesn't have the time or desire to remember a question that was made with a mind that has stayed behind "in a box."



Do you live a life where your mind is the one leading the way?

Now that I look back in time, my childhood was a stage where my heart was totally in control of my life. As the years passed by, without even knowing it on a conscious level, I allowed my mind to replace my heart. This was when I started letting my mind be in charge of all the decisions and through them, of all the results I got in my

life. For almost twenty years, I was this rational and mind-centered individual whose ego kept growing as I got more recognition for my academic degrees, my looks, my job, my social position, or whatever it was that my ego wanted me to achieve in my search for happiness. Throughout that period, I decided to close my heart and let my mind rule the game. Of course, what could I expect as the result of such a cerebral and learned life? More of the same as the people and circumstances that surrounded me were byproducts of this analytical being I had chosen to be. Apparently I had it all. A wonderful home with a wonderful husband and two wonderful daughters; the house of my dreams; an important job thanks to all my fancy academic degrees at a great

institution; and in short, I had all the things that my mind could achieve. Yet, something was always missing but at that time I wasn't able to know what this would possibly be as I was just so hypnotized with the outside world that surrounded me. I was totally "in the box", complying in every way with what society wanted from me. My worries at that time were how to be the best wife, the best mother, the best employee, and the best of everything so that everyone could be proud of me, everyone could look at me and "accept" me because I was a great follower of all the ideal "should be's." Time kept passing by. I wasn't getting any younger. What I was getting though, was more and more unhappy. My unhappiness had taken control of me. I often questioned myself as I didn't see why I could be complaining so much if I had all that so many others wished for and were dreaming of achieving. I was so afraid of change I didn't want to accept that the cause of my unhappiness

was no one else but me. Much worse, I was in complete denial in accepting that my unhappiness was caused by the absence of self-love. Yes, my rational mind convinced me that all the things I would need or want could be achieved by my educated mind. So that's what I did, I learned and studied so much that I became part of a small 3% of the world's population holding several master's degrees. All that to realize that my path could have been so much shorter and simpler!

When I realized that the only thing lacking in my life was Love, I started to see things in a total new way. I even started to re-conceptualize what the word Love had meant to me until then. I had spent all my life looking for love outside of me! I had thought my husband and my family would make me feel loved, I thought that all I had 'gained' would make me feel happy. How wrong I was. Without loving myself, without wanting to open my heart again in the same

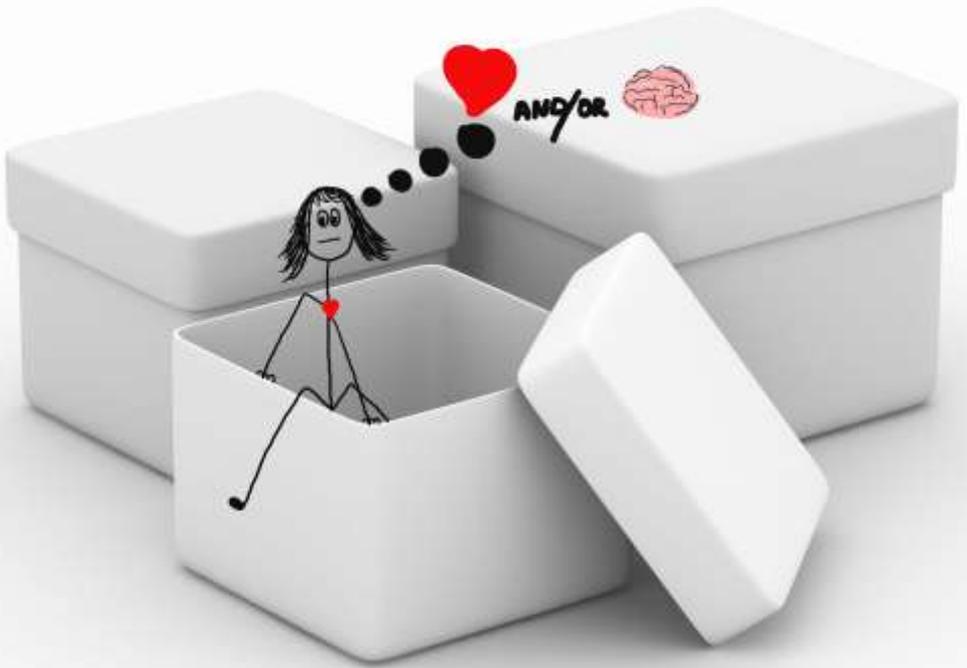
fashion as when I had been a child, nothing my mind suggested could work. What made me understand that my only “problem” was my lack of self-love? There came a moment when I decided I didn’t want to live any longer. My ego had become my exclusive advisor and this is what it had suggested me to believe. I had given all my power to my ego mind and I almost commit suicide thanks to my blind faithfulness to it! I had hit rock bottom. The following morning after I almost cut my veins, my fear to change was replaced by my fear of NOT changing

and most *My path could have*
probably *been so much shorter*
become just *and simpler*
another

statistical number of the suicide rates that keep growing in alarming ways throughout the world. Since that day on, my thirst of “knowing” became insatiable. I had to find that “new” Love that could show me what I

had not been able to feel just yet: Love of the heart, not love of the mind.

I will now pass to the second question as its answer is what happened next in my life.



Do you live a life where your mind and heart are both leading the way?

When I decided I would stop letting my mind control my life AND my heart, it was when my process of “getting out of the box” began. My search for Love had just started and it seemed like a long and difficult road but I didn’t have any other choice, I wasn’t willing to go back to the

way I had lived all my previous years. That choice had made me an unhappy, depressed and a suicidal individual. Not the best results from any point of view.

My mind was so conditioned, my beliefs were so imprinted in every cell of my being, that this stage where mind and heart started ruling at the same time, was very difficult and confusing. One day the mind would take the lead and the next day the heart would try to take over but yet with poor results. I still believed one could not make a “decent” living if one decided to follow one’s heart. At that time, the heart for me was only in charge of feelings (you know, the weeping, “girly”, romantic stuff) and I still didn’t give the importance it truly had for the healthy and wealthy development of one’s life. No one had taught me about the heart. In the “box” I knew everyone was ruled by the mind just like me, so how could they know about the heart? We all thought of the heart as this

physiological organ that pumped oxygen-rich blood to the body, period.

What a challenging transformation, a paradigm shift of course. One day I would be in the box, with all the “things” I knew and made me feel safe, and then the next day I would jump out and try for a while that new reality where nothing seemed familiar and made me feel so unsafe and vulnerable. This “back and forth” game was truly exhausting. I was trying to live “inside and outside the box” simultaneously and that was just impossible! But hey, I’m sure you know how egos behave. I was totally committed to probe that somehow I would make that work for me. My stubbornness meant I spent at least ten years trying to remain in that conflict created by my mind, while my heart was outside, patiently feeling what I was going through and loving me even if I couldn’t understand yet this type of Love.

Why it took me so long to get “out of the box”? I was terrified, literally petrified to lose all that I was, all that I had. I was still making the question: “What will happen once I’m totally out of the box and I can’t go back inside?” This was a normal part of the process, now I know it. Our ego’s function is to protect us, so ego suggests we stay in the same place. Change is not welcomed by ego, so the uncomfortable feeling I experienced while I visited the “out of the box territory” was caused by my ego that was focused on protecting me. All of a sudden, when least expected, I started getting

“hints” from *I was terrified, literally*
the energy *petrified to lose all that*
of Love, *I was, all that I had*
whispers

that came from the silent space inside of me that my heart had been trying to make me “feel” all along. When I tasted that new Love that embraced everything I had

known, and everything I was still to know, my ego finally stepped aside and lost its battle against change.

Before going into the third question I must let you know that while I was struggling in and out of the box, I lived a period where I lost everything I had. My fear of losing it and my resistance created precisely that. Life took away everything from me, but I needed this to happen. It was the only way I could start trusting my heart. I'm not recommending anyone to experience the same. On the contrary, I am writing about it because this change in our life doesn't have to be a painful process as mine was. Change can be simple and easy. It all depends in how much fear we have and how badly we want to change. In my case, I had to lose it all while I was in the box, so there wouldn't be any other choice than jumping permanently and staying out for good.



Do you live a life where your heart is the one leading the way?

Once I was “out of the box”, it was when I started to feel in a whole new way this indispensable role that my heart had had since birth. The information started flowing from many different sources (scientific of course, I was still needing to probe things, to “see” in order to believe.) Soon I realized that the path that would take me to that

happiness I was looking for was the path of the heart. I must say that this “out of the box” life comes in stages too, it is normal, everything in this universe evolves. So we start living a new life and as soon as we are willing to create it we will build it up step by step, reinforcing it until it becomes solid.

As with the thoughts that become things, this new life led by the heart is only a thought at first and slowly but surely it starts coming into form until it completely replaces the external reality that your eyes have been used to see.

As I said
before, all *Everything started*
this change *flowing with ease and*
IN me had *grace*
major
consequences. There was a period where I lived in an “empty” space. Everything was redefined for me: my relationships with friends and family still living “in the box”

and my way of relating to the new ones I met “out of the box”; the way I saw the meaning of money and its replacement for a new concept where money was just a tiny percentage of all the abundance that surrounded me and I had never seen before; and most importantly, the way of relating to my own self. This was what ‘activated’ this new energy of Love that flowed through me and taught me a self-love I had never experienced before. What our egos call love is just a tiny piece of the real Love. That is fine, poor ego, he doesn’t know better, we are not going to punish him for that. But we must understand that this is not the totality of the picture and that it is our responsibility to unveil whatever piece of the picture still is missing in our lives. Finally, my mind took a secondary role, it slowly became my heart’s executive assistant, and oh that felt so good!

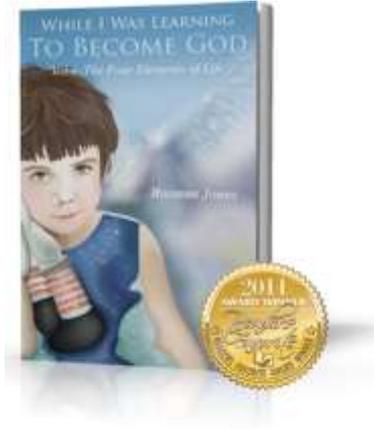
Everything started flowing with ease and grace, it was as if the mind was quite content with the new beliefs my heart “lovingly imposed” and everything started to feel balanced and harmonized as it had never been before. Once my mind stopped trying to control and it surrendered to life, everything life needed me to have just came to me. It was as if the heart was more efficient when it came to knowing what to manifest for me. This is where I am right now. I am living outside the box, with a heart that leads, a new mind that assists, and a healthy ego that is on holidays most of the time. I can tell there’s no going back, because what I am experiencing right now is the best thing that could ever happen to me. A human being just like anyone else, who many years ago decided she did not want to live, has finally experienced self-Love, and has been able to become that same universal energy that now creates through her, endless possibilities with every

day that is lived. It feels like a movie, not a real story. But then, aren't we supposed to live the life of our dreams?

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My wish is that this previous personal testimonial serves you as a tool to understand how you are living and experiencing life right now. It is important for us to see the difference between a life created from the mind and one created from the heart. You deserve to make a choice. You were born to be the sovereign creator of a story that has never been lived before. So isn't it fair enough to become aware of that which you are using to create it?

Other publications:



[While I Was Learning to Become God](#)

Amazon bestseller and Award winner

“The blending of the two voices makes for a powerful, moving and suspenseful novel.”

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About Roxana Jones:



While she was searching for the meaning of self-love, Anthropologist, Politologist, and Master of International Relations, Roxana Jones, embarked on a journey of inner discovery and miraculous healing. Award-winner and bestselling author of ongoing trilogy “While I was Learning to Become God”, Roxana was born in Cartagena, Colombia, lives in San Jose, California while she frequently travels to Europe to visit her family in UK. She is currently dedicated to helping others in their individual expansion and to inspiring

her readers in their paths towards a purposeful and abundant life.

“Someone wrote to me the other day telling me she was sorry that I had suffered so much in the past. I had to answer what I believe today. I’m so blessed to have experienced all that I’ve lived; without it, I wouldn’t be here today probing myself that it is truly possible to live a life without pain and sorrow as long as one is willing to change one’s beliefs and give our heart the primary role it was meant to have.”

Roxana’s next book continues the story of Sybil Vaughan, the popular character of her first book that “learned how to become God” once she knew the power of her heart soon before leaving this dimension. “It is a fictional story where the main character is now Sybil’s husband, who suddenly dies in accident.” Based in true life events, this book is for all those who’d like to

experience from “here” what happens once we are “there”, beyond life.

Stay tuned for the launching of this thrilling and exciting new book before 2012 ends, a story you won't want to miss reading!

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