

# You're In The News

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You don't have to do something stupid or super influential to be in the news.

You just have to tell your ideal story and then distribute it to the most powerful media outlet in the world...your brain!

Back when I was in elementary school I watched a lot of Star Trek reruns. Pretty soon these stories became my own as I was entering Young Writer's Contests and winning Honorable Mention from my teachers.

These stories ranged from being the first kid in space and then my spaceship exploded and becoming a star in the heavens to having a cousin who I talked to on a computer screen who lived in a space station, to time travel and twin connections and a girl who invented video glasses.

Looking back over the last almost five decades of writing these stories, I noticed a pattern. Every story I had a strong emotional attachment, key elements of it came true in my life or at least I noticed these stories in the world.

Shortly after writing the short story about being the first kid in space and then my spaceship exploded and becoming a star in the heavens, the Challenger exploded losing the first civilian teacher and a total of seven astronauts, I took that tragedy very seriously because I sincerely had the vision of my own heroic story before I wrote it.

As far as having a cousin who I talked to on a computer screen who lived in a space station, (that hasn't happened) but now we live in an age where I can video conference anyone around the world on my laptop and smartphone or husband's iPad.

As far as time-traveling goes I can take myself or clients back to any time that we still hold emotional pain; anger, grudges, regrets, shame, resentments and have them recognize the value of whatever physical, mental or emotional exchange occurred and have them release that pain and repurpose those experiences into actual currency.

It's kind of like burying baseball trading cards or collectible toys in the back yard but not realizing the value when you were ten, then getting angry at Mom and Dad for throwing them out seeing their prices on eBay.

But then for some reason, you forgot your second-grade class buried a time capsule and low and behold you carefully stowed your gorgeous 1991 Ken Griffey, Jr card which was finally unearthed decades later fetching around eight grand on eBay.

That card wasn't worth that much when you buried it but it's certainly worth something now!

The same is true with the clients I work with. they finally place a comprehensive value on all the good things they did for others over the years even if they were supposed to or wanted to get paid more by a client or a boss but didn't. We add up all the extra work or missed work due to coronavirus or some such merger or layoff and calculate our worth. We ask ourselves, "What would I have gotten paid things went my way?"

When my clients 50+ age or older add it up the number is staggering, somewhere between the \$200K-\$500K in unpaid goods and services. This includes missed opportunity costs like investments you could have made if your ex or boss hadn't cheated you out of the money or your things s/he stole.

Then we add up all this loss and untapped goodwill that was done but never properly given or received and we do some forgiveness work. "Ruth, how do you do this in a way that it has the power of mental and emotional time travel?"

Glad you asked.

During our Scripting phone session take each recorded incident and note how you feel about the event. If you still feel crappy, then we start discussing all the ways this experience was a gift to you or at least to the person who received your care, attention, labor, resources or expertise.

If you can't find any value in the exchange for yourself and you still feel cheated out of a paycheck then that's when the mental and emotional tithing happens.

You know about writing off donations to charity on your taxes. It's kind of the same thing. Except you're writing it off on your personal well being, because for so many years all these losses caused stress, lowered confidence for future work or charity and just generally created low-grade suffering and health issues that in some areas of your life you haven't fully recovered or recouped the loss.

That's where the power of forgiveness or at least mental and emotional tithing comes in. You may not be able to even forgive the offending party for their negligence of paying you. But you can change the "news story" running in your head and heart from, "CHEATED" to "GENEROUS PHILANTHROPIST"!

I know it's not easy. I have friends whose exes stole all their assets, ruined their credit, used family members as pons, stole their family's life insurance money left by dead relatives and even carelessly lead to other family member's death.

Now, if those people can add up the damage caused by the ex (Well into the millions) and be in a position to mentally and emotionally gift all that pain back to "the universe" and not hold onto it anymore, there's hope for you and me.

The average client I work with who goes through this exercise one over the course of a couple of hours sees considerable shifts in their asset growth in as little as a week and often within the first 90 days of working together once a week for an hour over the phone.

Now with more people out of work because of the global coronavirus, this is the perfect time to forgive the situation that seems beyond anyone's control, especially the boss who is required by law to shut all nonessential stores until the virus has run its course.

Ok, I went off a little on a tangent, but I assure you time travel is real whenever you are regretting the past or fearing the future.

And then there is the story I wrote in grade school on twin connections where both siblings were the complete opposite. One sister was very left-brained math and science-oriented while the other was a right-brained artistic, painter, sculptor type. Over the years I've met people that helped me connect deeper with that story I wrote trying to connect with my identical sister who departed the earthly plane when we were babies.

And finally, my award-winning story "Colored Glasses" about a girl who invented hidden video cameras inside of glasses was quickly acknowledged when I was still in grade school when Mom tossed an article on the bed announcing the Japanese had just invented glasses with video glasses.

So yes, the pen is mightier than the sword.

Our writing does become reality.

We can, with the best guided emotional tools turn our tragedies into victories through a little revision.

Finally, you are your most powerful newsmen. What you tell yourself mentally and emotionally becomes your breaking news.

So, I tell my clients to keep their news intake to a minimum.

Make an extra effort to consume a positive, inspiring story.

Change your conversation from parroting doom and gloom to discussing opportunities and blessings related to the seeming setback, like a reminder to eat less junk and consume more immune-boosting foods. After all, the majority of us have the effects of bad water, air pollution, cell phone radiation, GMF in our system. Yet the phytonutrients and positive brain concentration on positive things can work miracles around staying healthier.

So start with the scariest story in your daily newsfeed and consider writing an alternative "letter to the editor" even if just you read it.

Then be sure to read more about how this scripting stuff works at [www.ScriptingForSuccess.com](http://www.ScriptingForSuccess.com) and get the many audio, and worksheet bonuses that come with one of my digital books Get Out Of Hot Water Fast or Miracle Mondays.

If you really want to fast track years of financial loss and missed opportunities go ahead and send your request for an application to one of my coaching programs.

Remember "If It bleeds it leads" so let's go for heart-pumping, sweaty palms, exciting, asset-growth stories instead of gloom and doom economic and health crisis.

**Ruth Anne Wood** writes game-changing stories usually in the past tense and third person for industry leaders ready to get out of financial, career, legal or relationship challenges oo are ready to soar to the next level of asset growth.

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