

full tilt living newsletter

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There's no one wiser than yourself.

Really.

On the subject of you, you've got the lock on wisdom.
You know more about what you need/want/dream about than anyone else.

You also have the key.

You keep it carefully stashed, where no one can find it but your own wise self. And there are times that even you may lose track of it. When shoulda, coulda, woulda win the day. Or other people's visions and desires seem bigger and maybe better. When longing for seems more likely than having.

If it happens that you have lost your wisdom key, it may be that I can help. Let me tell you where to look. Or listen. For this we're going to start with voice recognition. Like so:

Make a nice fat list of all the ideas, suggestions, recommendations, demands, goals, why-don't-yous you have banging around there in your head. In no particular order, and take a couple of days to write it if you like.

Next to each one, write down whose voice it is you hear saying it. Or more than one voice, if that's the case. This isn't an out loud voice that you hear. But trust me, you will recognize it just the same.

Make an asterisk (okay, a star) next to each statement that you heard in your own voice. Need I mention that these are the keepers? It is the sound of your "inner voice," the one that you heard sort of in your head, that is your wisdom key. I know it may seem controversial and may not be the way to keep the peace, but if it isn't in your voice, it isn't a wise choice for you. Throw it out.

If that not wise choice has elevated from a "why-don't you" to something you are now doing, it still needs to go. Because if you keep at it even when you know it isn't

your own wise choice--no matter how good it might be for someone else--at the very best, life could seem hard. At the worst, you may find an unhappy theme of nothing seeming to go right for you threading through your days.

Let me digress for a moment and give you an example of how this phenomenon operates. When my daughter was doing her search for the college of her (our) choice, I dragged her off to visit a school that I thought would be perfect for her, was not too far from home, and fit the budget. Did not like it. Said she wanted to go to a private school way on the other side of the country where they had fireplaces in the dorms. When I pointed out that we had just finished touring a dorm that had a very fine fireplace, she turned to me with those caramel brown eyes of hers flashing and said, "Fine, then if you like this place so much, you go here." She stuck firmly with that inner voice and chose the college across the country, loved every minute of it, graduated with honors and has mentors from the faculty who to this day remain her friends and supporters. She had the key to what was wisest and best, not me. So what that she did not once get assigned to a dorm with a fireplace.

There's always the possibility with this voice thing that you simply are not someone who "hears" this way. It could be that a name will sort of flash before your eyes instead. Or some statements might seem to weigh you down, while others may seem to almost dance or, as they say, "jump off the page." You want to keep the ones that fill you with delight or have your name written all over them.

If you haven't been able to find some part of yourself (voice, name, a feeling of "rightness") in your list, it isn't your list.

You have inadvertently allowed you life to be given over.

It would be much less than surprising to find your life feeling hollow, aimless, pointless and maybe even not worth the effort. Like your spark has gone out.

It is time to let something else be.

Allow your wise self to choose. If it has been long since you have listened to it, it's voice may seem very faint. At the beginning you may see only momentary flashes of images or a fleeting feeling of "rightness." Give it time and patience. Journal. Sing to yourself in your very own words and tunes. Go out in nature and breathe just with yourself. Your wise self never leaves you. And you always have the key.

And know that I'm behind you all the way.