

Reading #6



If you want the truth, I'll tell you the truth. Listen to the secret sound, the real sound, which is inside you.

---Kabir

But how do I listen to that secret, real sound which speaks the truth deep within my soul? The answer is simple, but perhaps not easy. The answer lies in becoming comfortable with my self. I need to find ways to sit still with myself, to enjoy the pleasure of my own company.

Meditation is good, if you feel drawn in that direction. That is one way. But it is not the only way.

You might try taking a half hour walk with yourself a few times a week, or every day if you can. Take yourself somewhere that makes your heart sing. Where is that for you? The ocean? The mall? A park bench? Driving alone in the car on a winding country road? Wherever it is, you will know. *You will know.*

Or take yourself out to lunch once in a while, alone. Just you and..... all those inner voices! Listen to what they all have to say about eating out alone. In the process, you just might find that they have other things to say as well- about your job, your living situation, your upcoming vacation..... whatever. If you give these voices time and space, they *will* talk with you. It's kindof like making friends with a hyperactive child, or taming a feral cat that has come in from the woods. It takes time and patience and commitment on your part, but it can be done.

NOTES:

Questions to Bring You Home to Yourself

What voices are inside of you, longing to be heard?

Spend some time listening to them. What are they saying to you?

If you promise yourself that you don't have to DO anything based on what they say, does that make it easier to simply listen?

How can you spend some quality time with your own precious self today? Tomorrow? This week? Next week?

What happens inside of you when you take the time to be still with yourself, to listen within?

Reading #7

Your vision will become clear only when you look into your heart.

Who looks outside, dreams.

Who looks inside, awakens.

---Carl Jung

How has your inner journey been going these last few days? Are you finding the time to sit still and listen within? Maybe it's been a hectic week and you haven't had the time to take yourself to lunch, or sit in meditation every morning. That's okay. *Tell yourself that's okay, right now!*



But maybe, just maybe, you're allowing the seeds of silence to be planted deep within your soul, even if you haven't had the time to nurture yourself more fully. You've committed yourself to doing these daily readings, and that is a step in the right direction. Give yourself credit for that. And then I want you to do one more thing.

Stop right now while you are reading this, and close your eyes. Wherever you are. Closing your eyes shuts out the distractions around you that threaten to overcome your fierce desire to be still, to listen within. Close your eyes and take three deep breaths. Notice what you smell when you do this. Notice what is going on inside your body. Notice what is going on inside your mind. And then notice what is happening in your heart. Are you feeling anxious with your eyes closed? Are you feeling sad today for some reason? Joyful? Afraid of something coming round the bend? Did someone say something to you in the last few hours that are still irritating you?

Listen. Simply listen. You don't have to do anything with the information you receive. Just listen. This is the beginning, this is the way to awakening to your authentic self, to living an authentic life.

NOTES:

Questions to Bring You Home to Yourself

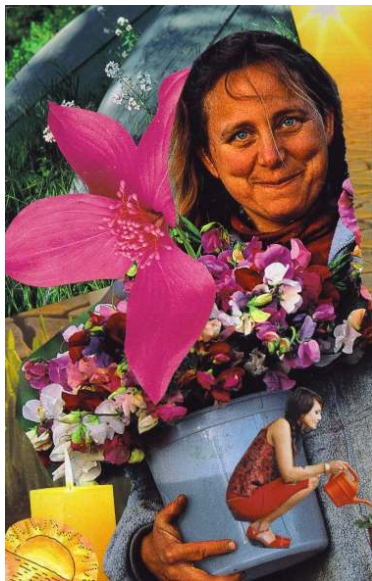
What did you notice when you closed your eyes?

Which inner voices were clamoring to speak?

What were they saying to you?

Make a SoulCollage® card that honors the part of you that likes (or doesn't like!) slowing down and enjoying the stillness.

Reading #8



Were it possible for us to wait for ourselves to come into the room, not many of us would find our hearts breaking into flower as we heard the door handle turn. ---Rebecca West

I want you to imagine this scene. Give yourself a few minutes, close your eyes and picture it. You are standing in a crowded room at a party. There is music in the background; people are talking in pairs and groups all around you. Glasses are clinking, laughter and a savory aroma is coming from the kitchen. Someone is refilling your glass with a red sparkling liquid. The door opens and someone new walks into the party. You look up curiously. The door is clear on the other side of the room so you cannot see the person clearly until they are a few feet away.

It's YOU!

Imagine that this is on your DVD player and you can press the *PAUSE* button. Pause this scene. Pretend that the person who just walked into this party is your best, most wonderful, authentic, true self. What does this person look like? What is he/she wearing? How is he/she holding his/her body?

Then look at yourself, the one who was already at the party. How are you reacting to your True Self who just showed up? Are you about to turn away, about to go find someone more *interesting* to talk with? Or, as Rebecca West so poignantly writes, is your heart breaking into flower at this very connection with yourself?

NOTES:

Questions to Bring You Home to Yourself

Write about the above visualization in your journal, express it in your art journal, or make a SoulCollage® card to give expression to your best, brightest, authentic self (the one who arrived at the party).

How did greeting your Self feel?

Did you find yourself trying to change or limit some part of your Self in the conversation?

List five ways that you can you be more welcoming to yourself this week.