

ANOTHER WAY TO LISTEN

"When the mind is quiet, the Heart voice will eventually come through like the fresh water of a spring. This is no small feat!" Grandfather Fire, Heard Around the Fire

Human beings spend a lot of time thinking. It's simply part of our nature. However, if we're not aware, we can easily move into an automatic pattern of:

- listening only to what we think.
- buying into what we think.
- behaving from what we think.

This can lead to reactive patterns along with amplified or suppressed emotional states which can make for difficult and unbalanced relationships with ourselves and others. In fact, the chemistry and molecules in our bodies engage these automatic patterns leading to symptoms from living out of balance. What if symptoms were one way our body was asking us to listen to something else.

There are simple ways to break these automatic patterns. And it doesn't require you to "just think happy thoughts". At our very root, human beings are feeling beings more than we are thinking beings. We actually are living in an unlanguageable world of energy that we begin to relate with through feeling along with our senses even before thoughts are formed.

What if we reverse the pattern of thinking directing our feelings and engaged in a feel-think process instead.

Wanna try it?

Short circuit the pattern of think → feel through de-labeling.

- Go outside (though you can also do this inside in your home).
- Center yourself in whatever way you do – try three simple breaths in and out.
- Let yourself simply be drawn to a small object in nature or natural in your home.
- Label it – shell, leaf, crack in the sidewalk, bark of a tree, a flower petal.
- Remove that label and another label may appear – hard, shiny, soft, green, round, bright.
- Remove that label and another label may appear – connected to the ocean, reminds me of a story, this is stupid.
- Remove that label and another label may appear. It helps to remember to breathe.
- Continue de-labeling that same object and all the associations for about 2 minutes.
- Feelings may even appear. You may feel anxious, frustrated, excited, compassionate, confused, sad, afraid, happy. Feel everything and then de-label those feelings too.
- Then notice what you experience.
- After about 2 minutes move on to something else small – no larger than the size of your hand.
- Do this for about 10 minutes. Then day by day work up to 20 minutes.
- At some point over the course of a month you may begin to notice a different awareness... a different connection... a different way to listen.

Describe what you experience in your journal.

Be sure to have fun with this and don't forget to also de-label yourself.

With Love,
Dr. Fire