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Finding Your Light

What is that spark that makes you uniquely you; the voice inside of you that guides you as you make your way through this life? I am not talking about the nagging voice. I am talking about that quiet voice that comes to you when you are still and listening. The answers to your questions just seem to come serendipitously like a light bulb turning on. So how do you connect with that inner spark? How do you hear the guidance? Is it easier when you are having a great day? Yet when you have a lot going on and are faced with many challenges how do you still yourself to listen and hear? Everything can just seem like a jumbled mess.

It really is not as tough as it seems. The thing to remember is that you have spent a lot of time listening to the nagging and perhaps whining voices, so it is easier to hear what they have to say. However, the truth is that they are the "bad" kids on the block. You need to start hanging around with a more empowering supportive voice. And like any new relationship it takes time to cultivate trust. You will only start trusting that voice once you start to get to know it and see that it really is about your best interest and that it really does come

from your heart. So how do you cultivate that relationship?

In those moments when life is calm, spend time with yourself. Find ways to connect to your creativity. Perhaps it is painting or writing or hiking or building or whatever it is that makes you feel happy and whole while doing it. And then just start doing it more and more. Make it a date that you want to keep. Then take the time to learn about yourself. Ask those tough questions of yourself and listen to the answers. Little by little you will begin to build a relationship with your inner voice. Then when you ask the Universe for guidance you will hear the answer clearly in your heart. And each time you hear you will find that light within you grows stronger.

TAKE ACTION

Don't wait any longer. Find out what you long to do and start doing it for yourself. Make a date with yourself and keep it. Commit to learning more about yourself and nurturing that relationship.

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