

Exercise: Which voice are you listening to?

If you pay attention you will hear people around you talking about many (inner) or even external voices.

Inspiration, conscience, reason or hunches, a spontaneous idea, the voice of your heart, beliefs, norms, values, your motives, a gut feeling, intuition, instinct, irresistible drive, the voice of your body, the earth, the Holy Spirit, a tree, stones & minerals and so on.

We've been researching it for a while but the explanations vary quite a bit.

Of course, you can park everything besides reason as nonsense, but again that does not seem “wise” to us!

Your conscience, the voice of your heart, feeling, compassion. It sounds quite different from 'that makes sense'. Companies like Daimler and Apple give creative employees support to meditate. To get inspirations. Inspiration.

And many almost-dying people interviewed say they regret having paid so much attention to fear and possessions during their lives and would have liked to nurture friendships and relationships more instead. Or a dream to do something completely different, or enjoy nature and beautiful trips would have been fulfilled. Which voice did they listen to during their lives? The voice of fear? Or the voice of (self) love?

This exercise is more of a “consciousness exercise” for you. To consciously consider your inner voices. And whether you know certain voices but ignore or push them away.

Which voices are you listening to?

- Do you notice that you sometimes demand too much of your body? Working too hard? Exhaustion? Catching up on sleep? If so, you might want to listen to your body's voice more often
- Do you notice that you are very sensitive to addictions, shopping urges, sexual arousal? Then perhaps you could work more consciously on discharging your body energy (exercise, expressing emotions, having a good cry or a nice cry under Water or just be allowed to listen to the voice of intense feelings. Of yourself and others. What is holding you back?

- Do you find yourself stuck in thought patterns, thinking the same thing over and over again, thinking in terms of you or me, of power or influence, being rather fierce in your beliefs? Then perhaps you should try listening to the voice of your heart. And specifically listen to the voice of your relationships, family, friends, your partner, your children, or that friend who is struggling right now. What is faith, hope and love for you?
- Do you notice that you are oversensitive? Always picking up signals and energy from your surroundings, struggling to monitor your boundaries and therefore becoming exhausted or giving too much? That you try to be unconditional but are more often used or even abused? Then maybe you should listen to logical helping beliefs more often. And ask the voice of self-love how you live up to them.
- - Are you always reasoning everything out? Do you only listen to the voice of your brain? As long as you understand it then it's okay? Do you keep weighing and weighing? Do you tend to brood, even in the shower or even during conversations with others? Then you might seek the voice of silence. Or ask your higher voice of inspiration if these are helpful and calming thoughts you are having (usually it involves a coping mechanism: overthinking. But what or what feeling are you trying to avoid with overthinking?
- Are you a dreamer and just don't get to action? Are you always in need of money, always needing others to meet your necessities? Then may question the voice of your body (what do I need) and the voice of your ego (who am I, and what can I do for others).
- Are you doing work you don't enjoy? Do you feel like you can only begin your life after work? Then you should ask the voice of your inspiration what the purpose of your life is. You may encounter that voice in a life line analysis: repeating events/patterns that call for learning and breaking through.
- Are you totally uninspired or creative? Then you might want to seek out the voice of silence. Meditation. Or just sit nice and quiet on a dune top or in the woods or by a river on a bench. And take your time. Thinking nothing.

The real question for you in this exercise is: What voices do you listen to and do you feel you could listen to other voices more?

Write it in your Journal. And discuss it with someone you trust. Ask for feedback: "is there anything you would like to give me as advice for a happy(er) life?"