

2010.01.07

INTROSPECTION

WE SHOULD PAY A LITTLE MORE ATTENTION TO OURSELVES. Inside each of us is “another voice” -- a special part of us that engages in running inner conversation. No one knows exactly how it’s done or where it comes from, but it’s there, all right. Call it conscience, the voice of The Spirit, or whatever you will, we are capable of “internal dialogue” -- a special ability to evaluate, examine and even argue within ourselves all the while engaging in some other activity.

If we’re honest with ourselves, we’d acknowledge that most of the time we know what is right for us. There is incredible growth awaiting the individual who listens actively and intelligently to his own inner voice. It’s sad but true that most of us can’t trust ourselves.

How many times I’ve wished I had “listened to myself” in days gone by! Our internal struggle is frequently a form of rebellion against previous injunctions that we resist. We have often given up on our own ability to choose wisely, decide adequately and trust our own right to determine. If we know so well in retrospect when, how and why we were “wrong” -- can’t we teach ourselves to be “right” before the fact?

A patient attitude toward our own internal dialogue could save much sadness and avoid many mistakes. It just takes time, attention and practice -- with a little faith in ourselves.

From IT SEEMS TO ME
By Kenneth Haystead

Read by Ken Haystead
January 7, 2010