

JUST LISTEN !



I keep hearing those words in my head lately, “Just listen.” It makes me think about how much that applies, in every area of life. Just think about the value of listening to the following things. . .

Nature. No technical noise or interference, whatsoever, just nature. It’s such a beautiful thing and such a rare thing to get, these days, unless you make a little effort. Any effort to make life better is such a good thing! Just sit outside for a few moments or go for a long walk, without any gadgets and see how fast you find peace. Even the quiet has a noise, and it has the opposite effect on your body and soul than a phone making noise. Even when you hear other people or unnatural things, you quickly remember, you are in a big, full, busy world. There’s so much going on you never notice!

To More Than Just Words. Words are often exchanged without thinking and without feeling. Most times, if you just pause and listen to the tone of voice, the meaning behind it, and sometimes, the sheer ridiculousness of it, you’ll quickly realize that the words coming out are not REALLY what’s behind it all. People are often distraught and overwhelmed, in zombie mode or about to explode, and so the release is done through the mouth to whomever happens to be nearby. Just let others vent sometimes; wait and watch their facial expression and really listen to the stress and plea for help in their voice. Most times, you will quickly realize the aggravation was not really fueled by you, at all. Usually, it’s their nightmare of re-living hurt that was inflicted on them, often years ago! But, it doesn’t matter a bit where their frustration came from; you only need to realize that you were the one that is strong enough to not take it personally. When people lack strength to deal with things, they reach out to others to help with the weight of their world. You off-load some of that weight from them when you just take the time to look at the bigger picture, and don’t attack back. Remember, when SH** is tossed your way, just side-step it as respectfully as you can, instead of letting it land on you or throwing it back.

To Your Body. A series of ridiculous, crazy, and unforeseen health issues in the last year or so reminds me to honor myself by trusting my instincts more and listening to my body right away, not “when I have time.” We get so busy and put off our health all too often. We can think it’s going to go away, but it doesn’t. It only tells you something when you need to listen and help it out, so don’t take it for granted. Ignoring it is disrespectful to yourself and that will always come back to haunt you. Sure, we don’t always know what it needs, but we do need to drop things more often and figure it out, right away, instead of putting it off until it knocks you down in the form of an injury, permanent health issue, failed body function, or life-threatening disease. There are so many ways to research and get help these days, it’s incredible that we still try to douse the signals when we get them.

To Guidance, in Every Form. Tracking down the causes of my health issues has been quite an adventure. Sure, you have doctors and experts and healers of every kind to go to, but there’s also suggestions or comments from family, friends, strangers, articles, and endless other places to get help. It has been a large combination of all of these, plus inspiration or something I randomly caught on TV or radio, that is helping me track down the long path of overcoming my health issues. The first thing I realized I needed to do was trust that God would lead me to it, and to be patient as He did. Second, I needed to focus on the lessons or purpose behind what I was going through. For me, it was a couple of small things about taking care of myself in every way, getting more practice listening for the clues and intuition, and big focus on what I want in my future. I have made an incredible amount of progress in all areas because of the health

setbacks! Never judge or second-guess. Follow what is put in front of you, no matter how odd it may seem. That takes me on to the next thing we all need to pay more attention to. . .

To Whatever and Whoever is With or Around You at the Moment! No matter how odd, unexpected, or uncomfortable, you are always exactly where you are supposed to be to give and receive something. Can you learn something about yourself, others, life, or another step to get what you want? So many times, we tune out to our immediate environment with electronic devices or escape through addictions or habits and miss it completely! Then what? Well, I would imagine that life has to try to show you whatever it is another way, another time, which only delays something you are supposed to have or know! If we ignore long enough, I personally feel life eventually shakes us up and sets us down on our butt, in an attempt to make us see or face whatever it is. Trust me, that's the hard way, so why not cooperate with life? It's only trying to help us!

To Your Heart. This requires the most commitment of all, to trust and respect what that gentle, little, kind voice inside is telling you, about anything. "Rest. Go talk to that person. Look around you now. Know you are exactly where you're supposed to be to learn to love yourself more. Be kind to yourself. Be kind to others. Let your curiosity guide you to the next step. Believe the world is on your side." The beauty of this is, because your heart is always with you, you can do this anytime, anyplace. If you let the busy world take you over all day long, at least take the time whenever you're lying down...before you fall asleep and just as you wake up are powerful times to listen and focus on only what you want. That small practice alone, done with a good, self-responsible attitude, can change your life! Believe there is so much beyond what your senses can discover, and that's where your heart steps in; it knows. We only have to LISTEN. You won't believe what you've been missing!

~Mary Anne

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