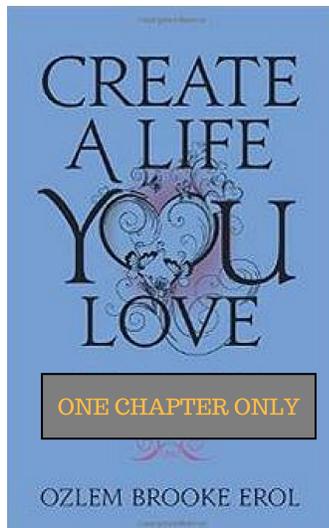


**Living self-aware, listening to your
inner voice (so that you can hear your
purpose in that whisper)**

From
***Create a Life
You Love***
Book

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YOUR BEST LIFE www.yourbestlifeinc.com



One article from the book *Create a Life You Love*

Living self-aware, listening to your inner voice (so that you can hear your purpose in that whisper)

I think I lived a long time being unconscious. I always knew what I was doing but not what was behind it or what was driving my actions. Now I hear my “little voice” all the time and I can thank her for her advice and still move on. It’s important to understand that *mean* voice is there to protect us; sometimes it works in our favor but mostly it wants us to stay small and be safe. Being safe is good when we’re up against danger but not when it stops us from doing what we want. Some call it the saboteur, some call it the devil voice, and some call it our ego. Basically it’s that voice that tells us we cannot do it. The voice that’s not so gentle and mostly judging.

The other whisper we can hear—if we pay attention of course—is so much better though. It’s the *real* you. The real you isn’t in your mind but in your body or your heart as sensations or feelings. You know deep down it feels right; it feels like the real you. If you can silence that ego’s little voice there’s so much hope, love and creativity in there. It may not always look so logical or rational because it’s not in your mind. You just know it without knowing how you know it, as Martha Beck (coach and writer) says. It’s your intuition. As human beings we were so much more in tune with who we were in the past. Now with our super busy lives we don’t hear ourselves. We literally lost ourselves. We’re almost always in auto-pilot mode, that is until we practice more awareness.

Do you know how I got to be in tune with myself? The first 30 years of my life my little voice dictated everything. Did it work for me? Yes. In many ways. But when I started to pay attention to the soft whispers (the gentler voice of my real self) they started getting louder than the ego’s voice. Although everything about my life looked great on the outside I was looking for something missing in my life—on the inside. I wasn’t sure what it was but I knew at least what I didn’t want. When I finally decided to quit my job and really listened to what my heart was saying and took the risk against every logical explanation and moved to the U.S. to start over again, things started to shift. I’m not saying it was easy. It wasn’t; but something inside me told me this was what I needed

to do. I listened. When I got out of the corporate world and came into a different environment I was able to recharge. I know the biggest trick was to make time for myself to stay still. Then over the years I learned about meditation. The biggest benefit of it is to silence your mind even if for only a minute. Then you can add more time as you reconnect to who you really are. We're still in there somewhere. We didn't leave our bodies but we just haven't been listening. We hear all the chatter around us but not the gentle voice that tells us what's right for us to make us happy and fulfilled.

It's still sometimes a struggle for me. I'm not there every day and certainly not every minute but I'm building this muscle. As I do more, I hear more of who I really am and it feels great. Then I can listen to it wherever I'm. At home, at work, with my friends—everywhere. Even though some thoughts are really scary I know deep down that listening to my inner voice is where I need to be. It gives me a chance to stop for a second and act differently. I question if what I tell myself is the truth or if I'm making it all up. It stops me from going into my drama. It's really one of the best life skills I've learned which has had a positive impact on every aspect of my life.

I usually take the harder path and I'm willing to do the work. You may not want to go there with me. However, the alternative is scarier I guess: where I made up stories that weren't true, where I only reacted to life but didn't create it and where I had lots of regrets at the end. I'd rather be disappointed than have a lot of regrets; at least I know I tried.