

THE VOICE

Jeffrey Marks
Copyright 2007

The voice. We all have it, or at least, I assume we do. It's that dark little sound in the corner of our heads when we're thinking about what we could be doing. It's that little enigma that pops in when we're considering our options, such as meeting that cute guy or girl at the counter, going for a drive to the country, considering a purchase. What is it? It's a nagging. It's a voice of indelible negativity, as it screams out at you "Are you sure you want to do that?" And once it blurts out that question, it usually follows it up with "Because this (insert event) just might happen!" To which, then, all you can do is look at the said event and think to yourself "My gosh, do I really want that to happen?"

Now what's wrong with that picture? Take a look at it. When you responded to the imagery, the imaginative imagery, you responded as if it was the only outcomes available -- "Do I really want that to happen?" You didn't consider, even for the slightest mini-second that perhaps, though the little voice may have had the best of intention, it wasn't the only reality capable of occurring.

For me, this little voice has been a personal demon, all too often robbing me of my power, cutting me short from "going for it" and accomplishing goals and dreams. I imagine, too, that this is the same for many people. That being said, I am hereby going to tackle this problem once and for all.

The little voice, let's face it, is simply a byproduct of our imagination. It's a counterbalance and a flag waver, making sure you're checking your common sense barometer. This is stuff that gets instilled in us when we're little, such as "be sure to look both ways before crossing the street." Why? Obvious. Now, as you get older, you develop your own motherly-protection device, and it runs the same way. And you know what? It works! Chances are, after hearing it and being saved by it a couple of times, you've come to trust it. Unfortunately, that trust has come with a price -- your power. You've given the cautionary voice totalitarian control over the rest of your mental prowess. Now, when you're faced with a choice of doing something, and the voice speaks its mind, you listen only to it, because, yes, it did save you one time before. You've given it the medal of General.

Reality works in countless different ways. The little voice isn't always going to be right. It's also a voice of distrust. It brings you a sense of negativity, because on some level, you've learned not to trust yourself, or the other "voices" going on in your head. Again, you've given control over to IT.

Take it back.

Think of it this way: In your head is a team of people, all sitting at a bench, and before them is where you put your thoughts, desires, etc. Example: You want to go meet that cute girl over at the counter. Okay, you present the idea. Immediately, the negative voice screams out "You might be rejected!" To

which your imagination immediately begins to conjure up that horrible moment. But WAIT -- we have a team here. The table in your head has other members on it, too. By golly, when you ignore them, you also dishonor them, their own personal wisdom, and in doing so, you dishonor yourself. You devalue them, and you devalue you. Aren't you more than just negativity? Aren't you, by your own definition, a good, worthwhile human being? Then why all this negativity, for crying out loud? What about the other guy on your panel that says "She may find that you have a quality she has been looking for in a guy for a long time." Or the other guy on the panel that says "Look at how you treat other people. You treat them like gold! You never put anyone down and actually do your best at trying to bring them up! Knowing and being that, you have a better chance of being accepted, rather than rejected!" Or the other voice that speaks up and says "She's just as nervous as you, and can't think of how to break the ice! You going over there may be just what she needs!" And then this voice "Maybe her voices are saying she'll be rejected, that's why she's not reaching out to you!" See all the different variations playing on a single thought here? Is the one really big bad negative voice necessarily the right one? With the most authority and power?

Most people are in the arena of wanting to be accepted. Of course, acceptance must be somewhat on their terms, but most people, unless they are really out there (in which case, you wouldn't want them anyway) wouldn't mind a simple "I saw you from across the room and just wanted to come over and say hello. My name is so-and-so." And heck, even throw in a little honesty about your own nervousness - they may appreciate you more "I'm not used to doing this, meeting new people, so I'm a bit nervous. I'm trying to expand my horizons."

The universe always supports what we're thinking and doing, positive and negative. We can all agree, it doesn't discriminate. So if you put out to the universe that you are expanding your horizons for positive growth, you know what? The universe will support that, and bring you those exciting and positive experiences you seek.

Now, back to the voice. The voice is something that cannot be silenced, as it does have its place upon the "mental panel." The trick is to keep it at the same level of importance as the other members. Naturally, we are creatures that are in the habit of trying to avoid pain, but we should also be creatures that are in the habit of pursuing what would bring us pleasure. The trick is to listen to the voice, acknowledge it, and then admit the truth: It's only a possibility. If you envision your personal "mental panel" as having as few as three members, how much input does the voice have? One in three. The other two's points-of-view are equally valid, are they not? If your panel is more than three, even further does the negative voice lose its power.

So how do you know if the decision is right or wrong? At which point do you become foolish and naïve? Weigh the circumstances. Be cognizant. Let your heart be the final judge. Sometimes, the other members will be in agreement with the negative voice, and that's definitely a cue. Meditate on it. Ask if you're being hasty and impatient, if it's something you feel you absolutely

need to do right now, or get something that you absolutely must have right now. Do the other voices agree? Be honest with yourself. Above all, be honest with yourself. If not, you're only fooling one person: Yourself. And when you begin fooling yourself, you begin to lose your self respect, your purity of vision regarding yourself. I know, I've done it. And I'm still recovering from it. But as I'm learning, I'll jot down these things that come to me. Maybe then, I'll finally get all this right. This life that I'm living.

I've learned that perhaps the voice is wrong in terms of the type of person I am. I know I treat others well, and mean them good. Why should I not give myself the same? I guess the question now is: Why do I feel a mate is making feel like I am not good, and trying to knock me down, instead of supporting me? That's another big issue I need to work on. I want to feel like my mate loves and supports me, believes in me, instead of looking down on me. Like they need to teach me because I'm some ignorant, unschooled child. That's nonsense and that's bullshit. You are educated. You are totally educated. You don't need someone else to tell you how to love. Only how to translate that love to their interface matrix.

We'll keep learning. And we'll keep writing. Who knows -- you may come up with something wonderful.

The voice is welcome. But now demoted to a true member of the team, and not the overlord. It knows it needs to be tamed, and is welcome to it. And it says "Thank you." It at least agrees, your life deserves to be rich and successful. To that, all the men on your mental panel toast and give you love of thanks, for checking in on them this evening. Hail. Be beloved. Safe. Secure. Succulent in soul and body and spirit.

Amun.

Here's a thought: Start spending time with the other members. When you are in another position of offering a thought, throw it out and, instead of focusing strictly on Mr. Negative, say "Thank you, Mr. Negative, but today I want to hear more from what Mr. Potentially Positive might think, or Mr. Positive Growth, and why -- and have him contrast it with you, respectively." Don't make it a battle. Love yourself. Love your members. And they'll love you back. Your life just may change with the love and respect you garnish. Love Mr. Negative, too. Don't ignore him. As soon as you ignore him, you'll create something that proves to you just how valuable he is. You've been ignoring the others, and they've been kicking you ever since. No more. Be with them, too. Acknowledge them, and you'll find your life in a whole new balanced direction.

Take care!

Love warmly, deeply, and positively ~ Jeffrey.

www.SpiritualExploration.com