

The Still, Small Voice Within

Written by Peggie Arvidson

I've learned that being on purpose is analogous to trusting the still, small voice within. If you learn to tap into your inner wisdom and practice using it you're bound to be on purpose, no matter what you do. This is true even if you think you don't know what your life purpose is.

Cool, right?

The big issue here is trust.

Once you've learned how to tap into your highest self you've got to use that skill set regularly. I used to whine that I just wasn't "intuitive" or "Psychic" because I didn't have spontaneous visions of the future or instantly "know" how things were going to work out.

I now know that the ease with which we can align to our purpose is directly related to consistently using/practicing our gifts.

Even if you were born with an inclination to play music, you won't ever become a true musician if you don't take lessons and practice. And practice some more. And set yourself up with a music room and time and surroundings and tools that help you fine-tune your craft. The best way to make your mark in the world and honor the gifts you were given – use them.

So how do you harness this gift of your inner voice? Here are a few tried and true tips to use today:

Get grounded. You can use any grounding process that feels right to you. Personally, I love heading outdoors to smell the air, plant my feet on Mother Earth and say a short prayer of thanks.

The Still, Small Voice Within

Written by Peggie Arvidson

Ask for what you need and be specific. If it's an answer to a nagging question, ask for the wisdom to find the solution, a specific sign or even for an email to come in with the answer you're seeking.

Resist the urge to control the outcome. This is tough. Once I even CONVINCED myself that a different sign than the one I'd asked for meant that I was going to end up happily married to a person because that's what I thought I wanted at the time. Which leads me to

The still small voice has no agenda. When I work with clients on developing their intuition and connection to their truth we work a great deal on this idea. When it's your *real* guidance coming through there's no urgency to be right. It simply is. If you can step away from the answer without emotional attachment, then it's from your highest self.

That doesn't mean that you'll always get the answer you were hoping for. Let it go. If the answer isn't what you wanted, develop the discipline to let it go. This where trust comes in. You have the free will to trust your truth or not. The more you practice what I call "enlightened indifference" the happier you'll be. You'll learn to anticipate the joys of living on purpose, rather than always getting immediate gratification.

Be still every day. If you're a fiery, outgoing, multi-tasking, 21st Centurian, this is hard. When I request my clients spend a minimum of 10 minutes in complete silence and stillness every day during our work together I'm met with massive resistance. Allowing your brain and body 10 minutes a day without a plan is scary stuff. Most of us have been programmed since toddler-hood to do and to accomplish. What's inside you is dying to come out – give it a chance.

Keep track. We're ever evolving – it's the nature of human existence. Sometimes we're so caught up in the everyday tasks of our lives that we fail to notice the small evolutions in our spiritual journey. Find a way to take note of your progress – whether it's journaling each night, recording your dreams each morning or writing a daily list of your ahas as you go along in your day. Allow yourself the pleasure of seeing your growth and evolution. Celebrating those moments will bring on more.

The Still, Small Voice Within

Written by Peggie Arvidson

Live in Joy. Find the joy in the moment, no matter what's happening around you. Where's the speck of light at the end of the tunnel? Look for that when it's most scary and frustrating. Take note of what kept you going and when it's time, look back and see where you've been. Note how that journey got you precisely where you needed to be.

Have compassion. First for yourself and then for those you come across. It's easy to have compassion for a sick child or someone who is like you, but compassion extends to finding peace with those you vowed to hate, and those with whom you'll never agree. It starts with you of course, if you can't forgive yourself for your presumed faults, it's never going to be possible to forgive anyone else.

It might be hard at first to see how these tips lead you to your purpose. That's the thing about trust. Trust the process, do the process, tweak the process and add your own finds. The answers you receive will always come from your truth, your heart's desire, your purpose.