

Listening to Self



Mushiba: Self is continually providing information to Concrete Self ~ however, we often do not hear that information because we are distracted by the world around us. Listening to our inner voice needs to become a habit and not an occasional occurrence.

In his class, *Gaining Self Awareness ~ A Beginning*, Waith said:

Waith: *"To know Self and hear answers from Self, you need to practice listening to Self on a daily basis."*

Listening to Self means finding time during each day where we can tune out the regular demands made on us. Some ways this can be achieved is through a hobby, listening to favorite music, going for a walk, sitting in a comfortable place and quieting Self ~ in other words, *relaxing*. Begin in small increments of time and as it becomes more of a habit, it will feel natural and more time will be given ~ because the quieting of Self is a powerful way to provide an overall sense of wellbeing.

I like to sit outside and watch the birds as they flutter around singing and playing!