

Going from the Inside Out A Journey of Contemplation, Reflections & Purpose

Many of us today have lives lacking in direction, meaning or purpose. Much of this is due to the 'externalization' of our senses. We have become fixated on our outer world for our sense of value, worth and belonging. We have abdicated our sovereignty over our thoughts, feelings, values and emotions as we try harder and harder to fit into a self-image that is externally fueled & which is ultimately illusory. And perchance should we venture to look within, we come face to face with an 'inner' emptiness, a void, and a numbness which scares us into running the other way. We create increased activity and 'busyness' to take ourselves away from these feelings, until overwhelmed and exhausted, we hit the proverbial 'brick wall'! The reality remains that whatever feelings we are running from - feelings of worthlessness, shame, guilt, confusion or the like - we are compelled to face them as they shadow us wherever we go, at times totally eclipsing our peace of mind. There is no escape!

Going From the Inside Out

The challenge with entering our inner journey is that we lack the necessary guidelines to facilitate it. To assist, I have formulated the following questions for your contemplation, reflection and integration. In order to fully partake of their gifts & insights, consider them from all 4 levels of your being – the PHYSICAL, EMOTIONAL, MENTAL & SPIRITUAL. And remember to be gentle and kind with yourself in this journey "inside out", as it may open up some old hurts or wounds in need of healing. It is important to allow for the ride on this journey we are on so take the liberty to enjoy the process!

THE QUESTIONS

1. **WHAT MAKES OR WOULD MAKE ME FEEL VALUABLE?** Look at the various roles you play in your life and the meaning they hold for you. How do you spend your time? What hopes, dreams & visions do you or have you had? Note that nothing is too "minor" or "insignificant" here so stay open and out of JUDGMENT.
2. **HOW CAN OR DO I MAKE A DIFFERENCE IN MY OWN LIFE?** Look at the impact your attitudes have created on your current reality. Relating to your external world as a reflection of your inner self, question what do your mirrors tell you? Reflect on which character or personality traits serve you and which do not?
3. **HOW CAN I BECOME MORE OR BETTER EMPOWERED IN MY LIFE?** Look at where, to what situations and to whom do you give your energy/space away during your day to day dealings. Assess what actions, traits and attributes leave you feeling 'empowered' as opposed to those which leave you 'dis-empowered'.
4. **WHO AM I? WHAT IS MY LIFE PURPOSE?** Look at the various roles you play & your identification with them. Do your roles or 'masks' define and perhaps limit

you or do they 'free' you. Is there a greater purpose to your being here beyond the mundane & obvious?

5. **WHAT ARE MY PASSIONS?** Look at what excites you (now or in the past) about life and living! Nothing is too small or insignificant to be passionate about as it is energy, an attitude, a connection with the flow of life. Are you living from the heart, from which we experience compassion, or do you live in your head? What are the consequences?
6. **DO I HONOR MYSELF IN EVERYTHING I DO?** Look at whether the choices you make in your life – your words, thoughts, actions & behaviors – are honoring of yourself? Where do you harm yourself and therefore others by 'doing' certain things! When assessing a situation in this regard, ask the key question “**DOES THIS HONOR ME?**”