

Are you listening to your own thoughts, respecting your own feelings, creating your own ideas?
Are you living life to your own Tempo?

Today there are so many influences on us every day that sometimes it is hard to know whose life we are really leading!

Not only have we been raised by parents that have kindly taught us their perspective on life, their beliefs, their values, we are bombarded by thousands of communications every day, telling us how we should think, what we should say, what we should wear, how we should act/react. Our friends, well meaning as it is, try to guide us and tell us where we are going wrong, all the people we choose to surround ourselves with all have a different idea based on their own view of life. From a young age we are taught to conform, not make waves. As children we enjoy things naturally, we paint, we draw, we laugh, we sing. Then we decide to do things that give us praise, that are approved by our parents, give us recognition by our friends, applause from our peers. At what point do we lose our way?

So how do we make our own choices? How do we become the person we were destined to be?
How do we make sure we are using our natural talents? Listening to our natural instincts?

So many times I hear of people who have "fallen into things" I wasn't sure what to do and this job came along, it's good, it pays well – but I feel like there's more.
If you can relate to this, well I can assure you, there is more.

To be yourself, to know yourself, you have time to listen to yourself. And to listen to yourself you have to still the noise. Still the voices around you until you can only hear your own.

Think about all the noise we have in our life. Real noise in fast moving cities and busy towns, well meaning voices of friends and family and co-workers, advertising and media messages plus all the crazy world of the internet! To stay grounded in today's world, we need to find the time to create a space that allows us to listen, to reflect and to regroup, find our flow, or as we call it "find your tempo"

How many times have you sat quietly and felt your way to an answer instead of ringing your friend or your mother, or read a magazine?

How can you begin to get into your Tempo? There are many ways you can still the mind to really hear your own voice. Meditation is a very effective way to create that stillness that really opens up the mind. Meditation can be a challenge for many, especially if you are just finding your feet.

If you're not up to meditation or not ready for complete stillness, try something like swimming, bushwalking, painting, anything that engages you and allows you to really be in the moment. To really engage in stillness and close out any thoughts of past events, future events or activity that is not relevant to that specific task or action. Focus on the pure enjoyment of the event, really

experience it and savour the details. Feel it, smell it, touch it, hear it. This is an introduction to a human being not a human doing! Personally I enjoy all of these and try to do them regularly and if I don't, I really notice the difference of being out of my flow. There is sometimes some fear around doing this. Stopping the activity, taking time to enjoy for enjoyment sake. It can be a challenge to just sit still even. I wonder if it is because they are are afraid of what they will find if they stop doing are just start being? It is often easier to immerse ourselves in other people's lives, business and action instead of looking within and discovering our own. But one day, our own life and the choices we have made will catch up with us and we will have to address them...

It's a busy world, if you don't know yourself in today's busy world, you will lose your voice and you will lose your way. Take the time to listen to yourself today. Take 5 minutes to be still, to not judge, to just be and not do. Try and hear what your inner voice is saying to you. You might be surprised, you might like what it has to say!!!!