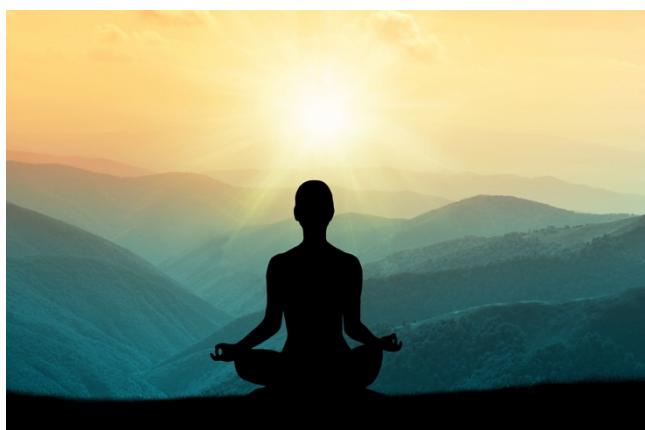


I nner Voice

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This reflection leads us to stop along the path of all the noise that everyday life causes us; the challenges of the workplace, relationships, the noise of the mind that is continually talking to us, the voice of concerns. We are in a moment where silence frightens us. Have you noticed that even at night we are putting music, or videos to sleep?

What is the inner voice?

The inner voice is your true Self, it is the force of your nature, your spirit and your essence. The inner voice is to find the truth within ourselves, it is the voice of love, which allows us to close our eyes quietly, knowing that nothing can happen to us, nor affect, because if we are in love consciousness, even in the face of the most dramatic situation, it protects us, gives us the physical, mental, emotional, spiritual mechanisms to balance and free ourselves.

In children, the inner voice is on the surface, they are always guided by it, that is why they are so happy, natural and spontaneous. They live in the present. The children forget the things that happened yesterday, a moment ago; they are able to restore their harmony in a short time. Enough a hug, a smile, a sign of love and already calm down. This is how we need to be again, as when we were children with the gain of what we learned and to enjoy life to the fullest. Learning the lessons of experience.

Why do we move away from that harmony of our inner voice?

As children, we began to hear some voices from outside, from parents and adults, from society, from the media that are talking to us and can influence our lives. This is how it seems to go off momentarily, the inner voice, in some people may manifest emotions of doubt, fear of loneliness, among other emotions. These emotions are adaptive defense mechanisms of protection necessary to express what pleases us or what bothers us, attracting pleasure, enjoyment or moving away from what affects us.

We have believed that emotions are the inner voice. However, emotions are only expressions of that wise inner voice, which tells us through emotions what needs to be changed or restored and improved in our lives, to guarantee tranquility and inner harmony.

Where is your inner voice?

Your inner voice is in your heart. sweet and harmonious, authentic, ready to be heard. sometimes shouts in the midst of the noise, of the voices that are outside, and to be able to find and release it, you have to make silence and stop listening to the noises, breathe deeply and desire the peace.

This inner voice is the path to healing, to physical mental and spiritual health.

We can establish contact with our inner voice through conscious breathing, meditation, awareness of reality, awareness, finding ourselves, doing things as well as possible.

What is your way of listening to your inner voice?

The inner voice tells you if you are being assertive in your actions, or if it is advisable to continue or not. For example, take a trip, make a decision, make a change, among other things. Knowing you allows you to take the next step, continue or move away from what you like or what affects you; realize, allows us to delve into the knowledge of ourselves and of others.

Everything aims to align with the purposes of your interior with the exterior, building your reality from your being, that is called inner strength. The inner voice comes from the heart and that is why it is in essence the source of vitality, all positive action comes from your inner voice, which as we said before is love.

To make this connection with our inner voice, we can place our hands in the heart, where we are and simply, feel it consciously, listen to it, breathe in the rhythm of the heartbeat and know that whatever happens you are safe there. This and many

meditation techniques seek this voice, you can choose the one that best suits your nature, your beliefs, your present moment.

We can also feel that voice when we dance and walk, when we play, or when we enjoy our warm and comfortable bed, when we listen to relaxing music without content, without voices, simply the chord of the instruments. The inner voice is when we observe a harmonious work of art, when we read a book, when we go to the sea, when we see the stars and the moon or the darkness of the night, or we hear the song of the birds, or when you melt in the eyes of a child or of the being that you love, when you hug your father, when you pet your pet.

The inner voice is in your daily work if you are doing what you do with awareness, with joy, with sense, you are authentic, you are letting yourself be guided by your true nature, and enjoy everything, that is your voice that guides you.

That inner voice is what tells you what is true in your life and so we can be attentive to it and enjoy life in a simpler way and finding meaning in everything we do, that is the real reason to be here.

To conclude this reflection: yes, you listen to your inner voice and connect with your true Self, you can know who you are and live authentically without worrying about what will happen tomorrow or what happened in the past, yesterday, an hour ago, the idea is to live in the present of every minute.

"If you have found your truth within yourself, there is nothing else to find in this whole existence. The truth is working through you. " Osho Zen.

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