

Answers

You already have the answers

Remember the story of the farmer looking for gold? He sold his farm, traveled out west, mined the rivers for years and never found gold. Back home, at his old farm, the new owner found gold in the river that ran through the farm.

You already know the answer. The answer is within. If you know the question, you know the answer. It may not be in your head, your head may give you misleading answers, but your heart knows. Your heart knows the answer, and knows the right answer.

Why do people avoid the answer their heart gives them? We've been trained to listen to our left brain logical, methodical brain. In fear we analyze and analyze and over analyze. We look for others to give us the answer, and we look for the socially acceptable answer. We look for the safe answer.

We look, we search, we ask, and we try to come up with the answer society wants us to have and the one with the least fear and risk in it. But that may not be the right answer.

Our hearts give us the right answer. Often, we do not want to listen. We do not want to take the risk. We are afraid to do what we know is right. Upsetting the apple cart is not how we were brought up. But, that might be the answer.

Let go of the 'shoulds', let go of what you think people will say, and let go of your fear. Then, and only then, can you do what is right for you. The answer is not for anyone but you. The answer is what is right for you, and it may or may not be right for another person.

You may not like the answer. But, you may also know it is the right one. If you like it, then it is easy to do and follow. The problem comes when your heart and your gut, give you the answer you know is right, and you do not want to face it.

How many times come to mind that you knew the right answer, did not follow it for whatever reason, and ended up paying a price for it? How did you feel? Did you not go back and do the right thing, the answer that you knew was right? Or, after reading this are you going to do it?

The sooner you face the right answer, the better off you will be, and the less stress you will suffer. You can't avoid the right answer forever, as it will always be staring you in the face. You can pretend to avoid it, but it is lurking right under the surface.

Accept the answer and address it. You know you'll feel better, you'll feel the progress, and it will be a win win for all involved.