



Part II Study for *Having a Voice*: Going Deeper

The Directions

Welcome back.

I see that you have come again to go even deeper in your discovery of *Having a Voice*. Now, I suggest, if you haven't already done so, that you get yourself a special notebook or journal. Make it a place that you would enjoy writing your thoughts and explorations and discoveries with each exercise. Also it will be important for you to plan for a place and a time that you can give to yourself in solitude to do this study each day, or each week for as long as you would like to give it attention. If once a month is all you can imagine giving yourself right now, then make a plan to give yourself that much until you can see a way for more.

Then with each exercise for this section, start out by writing down the first thought that comes to your mind no matter what that thought is. Even if it doesn't seem to make any sense at the time. Maybe *especially* if it doesn't seem to make any sense at the time. Trust that your thought *will* begin to make sense and you *will* begin to understand it more as you go on. Sometimes the first thought that comes is coming from your Wise Self, the part of yourself "who knows". (We all do have a Wise and Knowing Self, and sometimes we aren't yet acquainted with it.) So, it is important then to catch your first thought on paper, where you can give it more attention and learn from it, helping you to go deeper.

Sometimes your first thought might be from a Protector Self or Fearful Self, the part that tries to keep your true thoughts and feelings hidden in the belief that for you to be safe, you must hide yourself. In this case, it is also important to catch your first thought on paper. This thought could show you the path to what you may have been hiding from yourself. It is important. Give it attention also, even if it doesn't seem to make any sense at that exact time.

Sara Ban Breathnach has written a book about self- discovery called **Something More: Excavating Your Authentic Self**. I always liked the title of that book and the idea of excavating in my own heart or mind or spirit or psyche. To me, the connotation here is that I am not broken or problematic or in some kind of trouble, but I am looking for treasure, excavating to see what I have consciously or unconsciously hidden away to be rediscovered.

Now, after catching your first thought by writing it in your journal to pay attention to, continue asking one more question: “And what else?” And after asking *that* question and writing *that* first thought, ask again “And what else?” Continue with that very same question, in the very same gentle and loving way that I had mentioned in Part I. Ask, and write the answer that comes; and ask and write the answer that comes, allowing your hidden self to know that you want all of your answers. Continue this process until at some point, nothing else comes to you – for now.

It can be difficult to know how deeply you may have buried the very best treasure of your thoughts and ideas and feelings and dreams, including the fears or doubts or worries that may come with them. All of this is buried treasure to be discovered for the purpose of reaching forward and moving ahead in the direction you want for your life.

When you download this page to keep, you may want to highlight the parts that you want to remember as you move ahead with the exercises. And so here we go!

Part II Study of Having a Voice: Going Deeper

The Exercises

1. Right now, sitting with your journal or notebook and pen or pencil, ask yourself this question:
“What do I want?”
Remember to write the first answer that comes to you, no matter what. Then ask again “And what else do I want?” Listen carefully for your answer. Listen with respect and tenderness. And ask again, and again, and again, until nothing else comes- for now.

2. This exercise is one to do each day for a week. Ask yourself at least three times each day, “what do I want right now?” “What do I really, really want?” At the end of each day catch the thoughts that came to you re this exercise for that day and write them in your journal/notebook. Write what you were most aware of each day as you asked yourself the question. Write your feelings as you answered. Write any discoveries to go back to and pay more attention. Highlight the places that you want to remember to visit again, to think about again or to write about more.

3. Go back and revisit your answers to “what I want?” questions. Make a list right here of all of your “I want...” statements. Are some more important to you than others? Why? Are some easier to have than others? Why? Notice whether or not there are any patterns to these answers. Are there some big missing places or places that seem to repeat? Catch those thoughts and write them down.

4. This final exercise is a series of question to consider and write about. You don’t have to believe the concept to think about the questions; you simply have to be willing to consider it and write. Imagine it and write. Stretch yourself for the fun of imagining in the same way that children enjoy imagining. Like the previous exercises, this is not a quick one. It is one with which you will take your time.
 Consider, answer and write:
If I truly believed that everyone in my life, especially me, deserves to have a voice powerfully, successfully, joyfully, what would change for me?
If I truly believed that everyone in my life, especially me, deserves to have a voice powerfully, successfully, joyfully, how would I feel right now?
If I truly believed that everyone in my life, especially me, deserves to have a voice powerfully, successfully, joyfully, what would I do next?

I hope that you have found these exercises useful to you, and that you will make the time to continue your study and your exploration of you. If you revisit this very same study next month or next year, you could find even new thoughts and

feelings for yourself about yourself and your life, as you continue to deepen and expand.

Once again, I am wishing you all the very best,

Dale

