

FOLLOW THE BUBBLES.....

I heard an interesting story this week. It was a story about a man who was free diving into the water, going down deeply, doing what he needed to do, and coming back up, taking a big deep breath, and diving again. After one deep dive down he was pushing back up toward the surface of the water, toward the light, thinking he was coming up, but things got darker instead of lighter. He could not find the surface of the water. He had always used the light as a beacon, a guide to come to the top of the water.

As a small bit of air escaped his mouth some bubbles came out. But, instead of going up the bubbles went down, the opposite direction of the light. He was quickly running out of breath, so he had to decide whether to follow the bubbles or to follow the light. He was confused, his rational mind said to go toward the light, but his gut said to follow the bubbles. He went toward the bubbles and his life was saved. He followed his gut, his intuition.

Journaling is a little like being in a pool of water. As we write our thoughts are bubbling up and cascading onto the pages that unfold in front of us, allowing us to unlock the information stored deep inside. These bubbles live as thoughts within us and sometimes defy what people see on the outside, the external.

In your journaling this week open to the inner dimension of yourself. Reflect carefully on the thoughts that are bubbling up. As you journal take the time to discern the thoughts that reflect the real you- the authentic you. Look at the words on the page and allow your- self to let go of anything that is not your truth. It is not possible to be authentic until the inside truth is acknowledged. Follow the bubbles.....