



Episode Transcript – 019 – Letting Go of Aspects of Self – Part 1

Introduction

Welcome to Remembering to Be Me, a podcast that helps you find your own way to a place of authenticity and service of others in a world that is ever changing. I am your host, Jenn Shallvey and I invite you to join me on a journey of reflection, insight, and wisdom, as well as be challenged into growth and change. The choice is always yours. I simply hold the space, and offer an invitation and support you in the process. As you find your own way to balance the ups and downs, be rewarded with freedom, contentment, happiness, acceptance, peace of mind, and clarity. Trust yourself, discover more of the real you and share your wonderful, amazing whole self with the rest of the world. This is not always easy. So, start with this simple message to yourself, "Be me, and when I forget, remember to be me."

Main podcast

I want to talk about the next area that I'm going to explore in the podcast, that is letting go of aspects of self. It may sound already a challenging topic because why would you want to let go of parts of who you are? So the way I wanted to position this as a starting point is that we are forever changing, evolving, growing. So what you're letting go of is not you you're letting go of parts of you that you may have tried on for size, if I can call it that. It's an evolution of who you are. So the letting go is like letting go of the old you so that the new you can become more of who you are.

So what this then says is, well, you're saying that there's an old and a new me. Isn't there just a me? And yes, of course, I keep talking about that in a lot of the things I write and share with you on the podcast is that the pursuit of clarity around who you really are is ultimately our life's personal development journey. That's my belief. That's my experience. That's what I see in a lot of other people. What varies, between people, is not whether or not you're on that journey, I feel that it is the pace or the awareness or the engagement level you have in that journey. Some people are very invested in the whole entire experience are forever doing work on themselves. I have gone through phases like that. I would say it is like you're deep diving into your own self. Then other times we are completely unaware in ignorant bliss because we just do not even realise that we are changing and growing. We just go about our day to day and over time, all of a sudden we may wake up one day and go, 'Oh, I don't actually think that way anymore. Didn't realise I had changed.'

What my point is is that whether you do something consciously or not at all, you are going to change and grow. And so the letting go part when we talk about aspects of self is kind of like decluttering, but it's decluttering within yourself. It's saying I'm kind of carrying around these old beliefs that don't match who I am anymore, or I'm kind of carrying around this work or hobby or interest that I started like 12 years ago or 20 years ago, or I used to think was interesting, but I don't now, why am I still doing this? It's beginning to sort through and sift through the bits and pieces of who we are.

And one thing I have written about, and we'll definitely go into more depth in this podcast is which direction you take when you go through this sorting out process. For a lot of people, it is because you have to, you've gone through so much change that you just have to let go. But where's it coming from? Is it coming from external or is it coming from internal? And I think that there are two paths to change in that process.



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The first one of letting go is internal. This is the private personal journey of inner transformation, of inner development that happens both subconsciously and consciously. When you are engaged in that process of understanding your own change, you will dive back and forth between the conscious and the subconscious. Things will float up into your conscious awareness and then sometimes stay hidden. I feel that, through my experience and through observing others and lots of other anecdotes from people, that we face what we can when we're ready. Sometimes we're not ready for massive change. And so we almost, in a sense, hibernate, we hibernate in ourself. We tune out the change, we tune out the growth, but at some point at some level it's still happening.

I'll give you an analogy. This will be a crude analogy. But do you ever do crossword puzzles? I do them. I do them every weekend or whenever we feel like it just for fun with my husband, it's a favourite hobby of ours. And one of the things that we're increasingly realising is that we have lost the ability to remember things because we Google so much, right. Everybody does that. So because we look up the answers to things these days we're forgetting. So we're in a sense re stimulating our brain cells, hopefully. But one of the things that I remember when I was doing study in psychology in university, I had to do a paper on a topic and I chose the tip of the tongue of theory. And I researched it applied to crossword puzzles, I think I've actually talked about this before, but anyway, I'm telling this story again. And what was fun about it was that my research approach or thesis was once you get the first letter of a word, it comes to you easier. And once you've planted the request to your subconscious, it will come eventually.

So my view and what I practised and tested was that in doing a crossword, for example, if you read through all the clues and then you go back, you're already getting your subconscious to begin to retrieve that information if you didn't get it right away. And then if you pick the first letter of the word, it comes in quicker or easier because it's again a retrieval system that's in there. I feel like that happens to us in our life, too. That we plant a seed within ourself of change and grow. And then at another level we begin to shift or little bits and pieces start to come up and percolate into our consciousness so that we can deal with them.

An example of this in real happening, which I have seen and experienced and happens all the time is if you sign up for a workshop or a retreat, et cetera, and you haven't even hit the retreat yet, you haven't even gone off on the workshop yet the simple act of committing yourself to that process or that change, or that learning begins to, I believe, open up a little crack with inside of yourself that says, 'Hmm, let's begin to bring some things up to the surface to work with.' And sure enough, you get to the workshop or you get to the event or the retreat, and there comes all the information. There comes the bits that you need to work on. Isn't that funny. I think that's how we work. We kind of plant seeds.

And let's say you don't even do workshops. You're doing journaling in your diary, or you are doing meditation, or let's say, you're meeting up with friends and they share a story. The story plants, a seed inside of you as a trigger or a awakening or an information piece. And all of a sudden your subconscious is working on another level and up comes the information for you to deal with.

Now, the tricky part about all of this, I feel in the journey that we're on in understanding aspects of ourself, is that there are parts that we've probably buried, that we don't really resonate with anymore that will come up to be cleared. So there'll be parts of you that come up and go, 'Oh, that's



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not me anymore. It was a part of me. It was a stage of my life that I tried that on. And yeah, I can see that that was really useful and relevant at the time, but not anymore.' And other times it may be a simple sorting method where you just go, 'yeah, that's not me anymore.' Off it goes, Whatever it is there's a part of you from within you, that comes up in your internal journey that is an aspect of you that needs to be acknowledged processed and let go. That's the internal and just a headline, I guess, summary of that.

What about the external, can we also do the same thing on the external level? Yes, absolutely. And in this case, I would describe the external journey as one, where you try things on consciously to experiment. So you'll be interested in a new way of being, and you may have let's for example, say dress the part. Maybe you've joined a group of people and you're experimenting with these ideas and teachings and learnings and whatever it is that they put forward. And that group has an outward appearance that signals to others that you're part of that group. Not uncommon, not at all uncommon. And let's say for you, part of that is trying that on for size. So you gravitate towards that and you begin to dress the part as a way of almost tricking yourself into seeing if you can fit in.

So for example, let's say you are learning something new and you start going to a class on this topic. I'm trying to keep this as generic as possible because I don't want to put down or support any particular direction. So let's say you go and you join a class and you're in this course for a semester or a year. And the place where you're going to this class has a teacher who teaches the things that you're learning. And as part of that, you start to notice that the group has a certain way of being together and that when people show up at this class, they dress a certain way. And you showed up at the first class and you didn't, and you felt really out of sorts because one you're learning something completely new, this isn't your familiar territory. What do you do? Now? The thing I would encourage everybody to do is just to be comfortable with who you are and not worry about that.

What happens when we're in a journey of developing ourself' and learning, and sometimes trying out new things is we experiment. So you might say, Oh, I might come to the next class and dress a little bit like them too.' Maybe there's a desire to fit in rather than just stand out. And so, as you progress through the year, you begin to blend in a little bit. Now this isn't something I'm encouraging. I'm just making an observation that this could be what happens. It's just an example. And so then what's happened to the aspect of yourself that you brought in the door the first day? It's not there right now, but it is. And maybe at the end of that year, you say, 'Oh, well, that was interesting, but I'm not really like this am I, maybe I'm a bit of both. Maybe I'm on a bit of a mixture now. I've evolved a little bit.' And on the outside externally, you are no longer really resonating with the idea that you look the part of all the rest of the people in this group. Yet, somehow you've taken some of the ideas on board and he's like, yeah, that's actually more of who I am. I feel more comfortable this way.

So let's say there's a part of you that you don't hold onto anymore. The metaphor of what you wear is a great example, isn't it? So let's take for an example, um, very typical one that you'll see, very, very common, and that is business. You join a company and they may not have it written in the rules, but you'll notice right away that there's a subtle dress code, right? So one business might be all suits and ties and, or even a division of the company. And another one might be smart, casual, and then it might be what is the smart, casual, and what does that say about you? So I guarantee



Episode Transcript – 019 – Letting Go of Aspects of Self – Part 1

you that when you go into a new job in a new company, you will start to want to fit in won't you? It just says natural human nature. How much of you does that? Or how much of you is actually the external, just experimenting to fit in? That's the question? And at what point do you say, well, that's me, but this isn't me.

So I feel like these are examples of journeys that you can be on where the outside is, where you're travelling and changing, and there you're playing with ideas. Ultimately the real journey is to find balance between the external and the internal, to find consistency, to find clarity of both, not just one of the other. So I kind of imagine it, as you're running your life with two parallel paths, there's the internal and the external, and one might move faster than the other.

And so for you, it's about reconciling that and playing catch up. And that's what we talk about when we look at aspects of self, as we say, as we reconcile the internal and external expression of who we are, we find that there are parts that no longer fit, and there are other ones that we now are adapting or adopting. That's what I'm talking about. So find your own way in that and explore what it means for you to identify and let go of aspects of self.

So this is just a teaser, an introduction to this topic. I want to go into more depth next episode. And when I do that, we will talk more about practical ways of exploring and processing and working through what this actually might look like in your life and doing that either on your own or with the help of others. So for now, just pay attention and notice what's happening with you. And how do you connect with the whole idea of letting go of aspects of self.

Closing

Thank you for listening to another episode of remembering to be me. Any information in show notes from this episode will be on my website www.jennshallvey.com That's J E N N S H A L L V E Y . c o m . I would love to connect with you. You can find me on Instagram at Jenn Shallvey or contact me via my website. And after listening to this episode, if you think of someone else who might benefit, please share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me.