



## Episode Transcript – 022 – Your Work is Love

### 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

Hi, this is Jenn Shallvey and welcome back to the remembering to be me podcast. Today is a short episode to support you with a few other ideas and insights.

Today, I attended my weekly relaxation class I do at the local community centre. I go to this class for one hour on a Wednesday, and the teacher takes us through a meditation of sorts using her guidance and various pieces of sound equipment. And so we get a combination of relaxation and healing and insight, and just a chance to take time out for ourselves. I find it really useful, supportive, insightful, and powerful for me at least. And I imagine the others feel the same way because they all show up as well each week with me.

What I love about going to this class though, is I take a break from life and surrender the support of another person. I let this teacher guide me and show me something new, some insights and enable me to shift my energy and to realign, rebalance and so forth. I come away grounded, yet excited, rejuvenated, yet calm. It's a really lovely practise for me.

And today I had an insight. Because I often will be in this space where I get lots of ideas, visions, insights, intuition. It's wonderful for me. That's how I work. And today the topic of purpose came up in my thoughts. And it's probably because I wrote in my newsletter a reflection, practise about sense of purpose. If you want to read that, you can go to the blog on my website is the post called sense of purpose. And in that my insight I shared was about how we can get distracted by the pursuit of purpose for the sake of it that we get caught up in the, I have to have a purpose. I want to know what my purpose is without realising that you already have it within us. And we probably already know, and it's not as complicated as we make it out to be.

I also feel that our purpose is something bigger than a mission statement. I used to think that this was how I would have my life set up. I put a mission statement together and off I'd go with that. And there you go. Like I have the one I've written down from like 25 years ago. I still have that. It's not that anymore. It's a higher level of purpose that is within us as a human being that I'm trying to connect to that I want to encourage you to connect to. It's really different.

So today, as I was considering the word purpose in my reflection, I also was, for some reason, drawn into my reaction. I was shown that in my own sense of self, the reaction that I have towards what's happening in the world. Because I watch the news, I read the news, I pay attention to what's happening and I can be quite upset about it and get riled up about it, really emotional sometimes because it really pushes my buttons. And as I do that, I lose track of me. I go off centre, I'm not as



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balanced or grounded. And I'm really aware of like, I'm just so aware of doing this. And you have to ask my family and friends how I can sometimes be on what I might call my soapbox moments. I think that I get so excited about something.

Anyway, today I was thinking of purpose and the sense of the work you do and trying to go, well, what is that? And the answer I got was your work is love. Well, let me say that again. Your work is love.

So I kept getting that message and kept getting that insight and thinking, well, that's not very big. There's not a lot in that. And as I came into more awareness around it, I went, Oh yeah, that is actually big. Because it's not about an end state of achievement. It's not a goal. It's a way of being that our work is love is that every day, all the time, we are working in our life by being showing, doing love. And that is a very profound concept. As I stepped back from that, I thought about that because what triggered this question for me was, well, what am I doing? How am I helping? I can see this tragedy over here. I can see this frustration over there. And I see this over there. I want to do something about it. I don't want it to be that way.

And what this insight showed me is that if I'm coming from a reactionary place, then I'm more than likely coming from emotion. I'm coming from a place of, out of control. I'm coming from anger, usually I'm riled up, which is part of being human, but still, it's not a well-grounded place to be in. It also takes a lot of energy on a physical level, emotional level, every level, really to be that person who's constantly, charged in that way. And you don't achieve a lot in that.

I have reflected on what it has been like when I've gotten charged up about something and you go around like, you're, you're not aware of anybody else in the force that you're sending out. You're not connecting with other people's needs in that. You're not considerate. You're not aware of other aspects of your life itself because it becomes very myopic in one way, one focus. That's the emotional charge of that. And then everything that you see becomes that argument, that fight.

So I asked the question about purpose in my reflection and I got told we're not here to fight. Well I was told I'm not here to fight. We're not here to fight. Fighting is only going to create a loser. And a winner fighting is going to create pain. Fighting is going to create harm. And the place we come from when we have to fight is I'm right. And you're wrong. There's no in-between. So it doesn't matter where you're coming from. When you say I'm going to fight. You're fighting, you're actually in a battle.

And I thought about that more. And I went back to the statement of your work is love. What does that mean? Can't I still fight for something for a cause. And yes you can because you come from a different place. So then it dawned on me. It's like, Oh, okay. So my work of love can be expressed in many ways.

So the next question you naturally ask yourself is how do I express my work of love? How do I individually in my own personal unique way express that work. And that is maybe a bit more towards the answer that you're looking for when you talk about purpose of. My unique way of combining all my gifts, my skills, my attitudes, my sense of self, everything about me gets wound up into one big package and boom outcomes. The way that I use those in an act of love.

So what is your action that you take from that place? Where do you direct yourself and why those are the kinds of questions you have to ask yourself? And I've asked this question so many times in other posts and other podcast episode segments, 'are you coming from a place of love when you do



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something?'. And to do that, you really have to be in that habit. And you also have to be in an awareness that allows you to come back to that.

So today was a reminder for me, and I'm sharing it as a reminder for you to check yourself all the time and say, am I doing the work of love in what I do, in what I think, in what I say, in where I go and where I choose to be. Am I doing the work of love?

So I'll leave that with you, let that simmer with you, settle with you, and hopefully something will come up within you. That might be of interest. And please, I invite you to write to me, to share with me any thoughts you have engage in any way that feels right. I'd love to know what your thoughts are. Thanks.

### 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](http://www.jennshallvey.com) That's J E N N S H A L L V E Y.com. 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."