



Episode Transcript – 025 – Are you being you?

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 to the Remembering to Be Me podcast. Something different today. When I meditate, I often will write or record some reflections either on the laptop or on my phone just as a voice memo. And today this is what came to me through my intuition and I thought I would share it with you. Because the words are helpful to me, but I think they will also be helpful to you. So enjoy.

I used to think that I am what I have done, what I have as a thing or accumulated. I used to think that I am what I read. But I am not any of those things. They are all outside of me and separate from me. Even when I read and take information in it is not me.

Simply put, I am me.

The only relationship that is true at all times, anywhere, any place, any time is the one I have with me.

To sit still, to sit in silence, to sit with just me is enough. I could be in a chair in my room. I could be on the sand in a beach. I could be on the rock in the mountain. I could be anywhere, anywhere. And I am always me anywhere I go. And what we forget with all the expectations and pressure and demands on us every single day from everybody in our life is that we choose whether or not to take those on.

Do I dress a certain way because I should do I drive a certain car so I look better? Do I live in a certain suburb or a house because that's what you do? Do I buy this brand because then I'm cool? Do I post this statement on social media because then I'll feel like I'm part of everybody else, even though it doesn't mean anything to me?

Every single thing in our life is filtered through me or you. So where is the me coming from? Where is it? Is it just this repository of a sense of self in a physical body standing or sitting here? I don't think so. I think me is a field, a field of energy, a presence that is unique. Special is like a point of light in the world that no one else can replicate or duplicate or simulate or copy. That is the difference.

And just like anything else in the world that is on it's own in that unique expression, the really interesting thing is it's not actually alone. So if I'm sitting here and another person is with me, then we are each our individual me's coming together as we. And I know this sounds all weirdo esoteric, kind of strange and woo-hoo, but it's not.



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It's just a really simple fact that when I am me and you are you and we be that together then we truly are we. There is no way there is ever going to be a true we of us coming together, unless each of us can be who we really are. And I firmly believe that. But the minute you change, because somebody else expects you to change, you're no longer yourself.

But that is different than being me and changing because I'm growing or expanding or being fuller in who I am. Because we are very much a shut down person, most of our life, because of all these external expectations and aspects around us that are pressuring us.

So just for a moment, pause and think, when was the last time I really truly felt me? When was the last time I stood in my own self and felt 100% me.

And if you have to go back a long way, then you know, there's a bit of work to do. Because what you've done is you've separated further and further from the true you.

So let's ask a different question. What is your earliest memory of being you? For a moment say when was the earliest time I can remember being me? Now tune into that me. What were you like when you were your earliest me? What were some of the things you did, said felt? How did you look? How did others interact with you? What was it like being you fully, who you were? That's the true you. That sense of self. No fear, no self-imposed expectations. No other expectations. There was a lot of joy I imagine. And a lot of spontaneity and a lot of creativity, fun, and perhaps even a sense of meaning in the world, because you were just in it.

I simply go back to being a child right away. And I can even picture myself running around in nature, playing, not even worrying about things. And I remember just the idea that a moment lying on the grass, looking for a four leaf Clover was fun, that sense of spirit, that sense of freedom and timelessness.

So what is it in your world that sense of that energy that you want to connect with and you want to bring back into your life? That's it, isn't it?

So for now, just know and remember who you really are and say to yourself, I am me. And as you let go of the things that are not you notice that? But for now, that is a very simple, true statement that you can carry with you every moment of every day of your life. And when it truly is resonating with you again, as the way it did, when you were the youngest you can remember, then you know, you're in that place.

All I want to do is help you be that person. All I want to do is inspire you to remember what it feels like to be truly you. Without apology. Without harming others. Without self harm. Without anything. Just joy, contentment, happiness, and presence in this world. As a true gift to others and yourself. So I leave you with this exceptionally different statement. And I hope that for a moment, you can pause and consider what I've just shared with you. Thank you.

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.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



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share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me."