



Episode Transcript – 029

Knowing When You Don't Know - Intro

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 introduction to the next series or the next topic area I wanted to explore. And the area is called 'how to know when you don't know'. And it sounds crazy that I'd actually want to start going down this path. However, I talk a lot about intuition and I talk a lot about knowing and in conversations with various people, there's come up a observation. And that is you can tell people all kinds of things. You can mention tools, tips, techniques. You can go through examples of ways to work on yourself. But if you don't think you actually need to, then it isn't relevant. Is it? So we have to back up a step and say, well, if I don't know I need something, then how do I know? I don't know. And that's the purpose of this series.

I have done years and years of development work. I've also helped lots of others do the same. I feel that it is so easy when you've been on the personal development journey to forget what it was like to start. You forget what it was like to dip your toe in the water per se and begin something. It's a scary thing to do. And you often go, I don't need any help. And it's often that we come from, let's say a crisis and go, oh, now I need so much help. My purpose for this episode of this series is to help you figure out what you don't know so then you can choose the direction that you want to go in to explore. You may take just one little step or you might leap in to the whole journey and say, wow, I want to know more.

And so the first thing is, I'm going to take you through just what are the signs? How do you know when you don't know what kind of things come up? And then I'm going to take you into what each of those might look like and how you would work with that. There are questions that we can explore that will take you back in a cycle of looking at each of those areas. And some might stand out as bigger than others. And some might just percolate to the surface very quietly and all of a sudden go, 'Hey, look at me'.

Once you've explored those different types of signs and factors that are poking their little heads up, then it's about making a choice about what to explore. Where do you want to go? Do you do nothing? Do you do something? And how much do you do? And the exploration process around understanding what you know and don't know is very much a triple process, I can call it. There's the self part where you do it on your own. But there's also the other part. And I find that the knowing comes out even more when you're working one-on-one with somebody, and also when you're



Episode Transcript – 029

Knowing When You Don't Know - Intro

working within a group. And it doesn't have to be consciously working, if I can call it that it can also be an experience. So you could be in conversation with a friend and out comes the information that helps you know something because you've already primed yourself to be in that space. We'll talk about that in more detail.

Likewise, you could be working with a coach or a mentor or therapist of all kinds. You could be in a formal arrangement where the person who is helping you is guiding you through questions that enable you to know what you don't know, and then move through that.

And I find group experiences are interesting too. When you choose to be in a learning situation, a class or a group of any kind where you're formally exploring something, then you're often going to get other people sharing, triggering you, or opening you up to ideas that you hadn't thought of. And likewise, you could be in a social situation with friends and so forth, and the same thing happens. So there are levels of knowing that we're going to go through and we're going to talk about the different ways in which other people help you and how you help yourself. And as we go through all of this, again, we'll keep bringing up the things that I do in other teachings. And that's primarily the whole person approach to knowing.

So what are some of the skills that you develop out of that? Well, the first thing that comes to mind is, is of course intuition. So out of the knowing what you don't know, you begin to develop what it means to know and how you actually do that. Your own personalised approach becomes the way that you navigate through the world.

So one of the wonderful benefits and outcomes of working through this stage is you get to identify how you work with your own intuition. And then it takes you into how you are self-directed in life and how you connect with others. It also gives you a sense of individual responsibility, and then because you are working with others, you also get this greater sensitivity towards groups and interactions. All of that comes together.

And lastly, the outcome of better knowing of you is that, you know, you through you and from you. You're clearer, you make clearer choices, you make better choices, you're more authentic in your interactions. You're more empowered. You become a leader of yourself and others as opposed to a follower. And you collaborate from what I would consider a place of realness and authenticity without doubt, you know how to be in situations because you're open to still not knowing. Because you know, when you do not know. And I think the greatest secret that's going to come out of all of this series is that it's okay to not know. But when you do know, that's amazing. And the more you know that you don't know, the more, you know, when you do know, and it becomes a beautiful dance in life.

So I'm looking forward to taking you through this. I find it a iterative process. I say that a lot, but this one is about expanding yourself, being more of who you are and taking that journey from a place of curiosity and investigation of your own self. So I look forward to the next episode when I look at the signs and so forth and sharing that with you. Thanks.

Closing



Episode Transcript – 029

Knowing When You Don't Know - Intro

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."