



Episode Transcript – 033

Discerning Your Not Knowing

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. Welcome back to the Remembering to Be Me podcast. I'm here again now to talk about the next step in knowing when you don't know. So I've talked about what that means, and then I've talked about identifying when that happens with you. And now I want to just take you to the third thing, which is how to discern or evaluate what comes up in your observation and decide what it is you want to do about that.

So from a big picture point of view, the really simple thing is to first look at how you can approach anything in your life that you need to solve as a problem or challenge. And this would apply to more than just this. And I would actually sit back and say, what part of this can I take care of and work on, on my own and what part of this can I actually do with others?

And then when you think of what you can do with others, you would ask yourself, well, what of this can I work with one-on-one with somebody and what of this can I work in a group? So that's my approach to everything. It's first, what's the self introspective reflective journey. And then what's the conversational dialogue discovery journey that you can take with others. And there's so many different ways that you can do that.

So for this particular challenge, which is dealing with what, you know, you don't know, I wanted to take you through what I would call a process. And this is your individual approach. Park aside that I would recommend also working with somebody one-on-one talking about it with somebody or being part of a group that allows you to have that conversation because the group can also give you other people's perspectives.

So what happens when you're by yourself, reflecting on this? Well, there's two pathways of inquiry and this is how I approach probably anything in life. And that is, you've got a logic path and you've got an intuitive path. And the intuitive path is pretty straightforward because you just simply are always for any question, asking yourself from within what comes up. The logic path requires much more mental energy and is going to involve different steps and actions. The theme around the inquiry process though, is an, I love to do this with everything I do is I go in the five W's and the H, and I've talked about that before, and I'm sure most of you have already heard that as well. So the first thing I would do is I would look at the different questions that I'd want to ask about what's come up in my discerning of what I know I don't know.



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The first question to ask yourself is which one of the things that's come up in my self review stands out that I want to explore first, something's going to be in your awareness. That's going to really be focused. And there's different things around this. Some people say, pick the hardest. And I said this before, somebody will say, pick the easiest. Right now I'm just going to say, pick the one that's most important. So from an intuitive perspective, you would just ask yourself and whatever comes up, comes up from a logic path. You might have some criteria that you use and prioritise that. Your criteria, your own prioritisation, prioritisation to pick that. Which one do you want to work on?

Next? Why is it worth exploring for you really important to have the why? Because if you don't have that, you're not motivated to work through this. And if it's an area that you don't know about yourself, and you want to go into more exploration, you're going to need a bit more motivation than, Hey, I'm going to tick this off the list. So in a logical sense, you maybe rank and rate what's important for you, but from an intuitive sense, you might just say, well, why is this important? And listen to what comes up for you. Maybe even go into a meditation about that. Why is this so important for me?

The next thing you might ask is the who part of this. And that is who is involved. Is it just me or are others affected by this situation? You might map that out from a logical point of view, you might draw some diagrams on a piece of paper and map out what are all the connections to the situation, or again, from an intuitive point of view, and you're going to get theme here, tune in, ask yourself what comes up, who do I need to connect with on this?

Next question? The, when, when does this actually come up in my life and my work? When? Is it a daily thing? Is it occasionally? Is it something that's been going on for a long time and it's now coming to the surface? From a logical point of view, do a review, look at it from a perspective that works for you, a time-based one or some sort of an analysis. Also just use your intuition and tune in.

Next question. Where, where does this happen? So simple question where is not just geographical. It could be where in terms of places and moments and things like that. So what triggers the situation to come up and how do you look at that? Tune in and ask that from an intuitive point of view or more logical point of view, maybe draw a map out around that and maybe map out scenarios or where it looks like it shows up. That's a simple approach.

Then the next one would be the, how, how does this look to you and how does it work? So we're going to go more into the detail of what is actually happening. And so how is it unfolding? How is it occurring? In an intuitive sense? You're going to keep asking the question and let that come up, let it emerge. From a logical point of view you might describe in detail what it looks like using your thoughts. That's the how.

And then the last thing would be, what outcome do you want for this? What are you looking for? And here is again, a logical situation where you might think about the goal you're wanting to achieve. And then from an intuitive point of view, you're going to tune in and ask yourself what feels right about this? What is it that I want as an outcome from this when it occurs?

So when you go back and you look at your self-review around around the idea that you've picked, you've got a whole lot of information to work through. The simpler you can keep it the easier. You're just gathering data. So at the end of all, this, the most important thing is just to step back, assess what you've come up with and just say, so what does that mean for me? What does that say to me



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right now? And that is the evaluation that really matters because it's for you and it's about you. So I want you to really get into that. And out of that will be some sort of action that you can take. And if you can take this kind of process and look at well, what can I do differently in response to this? How can I know more what I don't know,. And what am I going to do next about this?

Sometimes the area that we decided to prioritise is quite a deep area and it's really got a lot of, I could stay work to do, or a lot of exploration. You're not going to take care of it in I'd say one step, right? You're going to need to spend some time on it. So rather than saying, what are all the things I can do about this? You simply want to know, what's the first thing I can do about it right now? What's my next step. And whether you do that logically or intuitive, of course, I'm going to err on the intuitive here, but what comes up for you as the next step? That's the main thing.

So some last words of thought on this. Keep it simple, really keep it simple. Just keep it focused on what you can do. Less is more definitely in this situation. Because you've done a big scan of information about yourself, rather than trying to go through all of it all at once, let's just try and do one bit at a time, but have an idea of where you're wanting to go.

Then I've given you a process that you can do by yourself, but most things in life, I think benefit from having others helping. And it's not a sign of weakness to have others help you, whether it's something that you have as a mentor like myself or others, or whether it's a friend or family member, whatever it is that you get in to help you, whether it's a group that you're part of, and you have a really wonderful sharing that you can actually talk about things that would be fantastic. As I said earlier, not everything all at once. What I noticed with when we begin to know, what we don't know is we now have a area that we can explore and target and our development. And as you probably already know, it's logical to even say this common sense, learning and growth is iterative. It goes over a period of time. And I find that it goes in ups and downs and it goes subconscious and conscious. And I feel that when we start to work on something, it's on multiple layers and it evolves. So for this particular process, I really encourage you to trust that and allow it to unfold rather than force it.

Everything I've said today has not a single iota of an example. I've chosen not to give you specifics. I just wanted to give you a general approach and what I might do, we'll see, as I'm thinking about this, I'll put a worksheet together that has all these questions, and if you're interested, then go to the website. Yeah, go to the website and you can download that when I load that up. But for now, consider what stands out for you out of the previous episode, where I talked about identifying what, you know, you don't know what stands out as an area or specific focus topic that you would really like to work on right now.

And that is a start. And to start, could just be the fact that you brought that to your awareness and the fact that you're actually choosing to do something about it. There already is action in that. And then you just take the next step. And I know it sounds overly simplified, but I'm trying to make it fun, enjoyable, interesting so that you do it rather than nothing. And just imagine the outcome of shifting the energy around that, to the place where you actually do know, and you have a really good sense around what is right for you and what's not around a particular topic or area that you've discovered. So I'll leave you with that as some extra idea and information, and really encourage you to explore working with this whole area of knowing what you don't know. And that's where I'll leave it for that.



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Any feedback, any thoughts, any ideas, or any breakthroughs you have, please feel free to share that. Just go to the website and send in a wonderful form. Okay. Thanks a lot.

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 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."