



Episode Transcript – 035

Sit. Be. Know.

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. I wanted to come to you today and share a reflection. This is something that came up for me this last week, as I sat and meditated and journaled, and did what I do. A word came up and then a whole series of thoughts came up and I feel they are worth sharing for your own contemplation, your own reflection. Not necessarily so that I tell you, this is how I think, therefore you think the same way. It is more to offer some ideas, some thoughts for consideration. So I encourage you to listen and just feel what comes up for you and then follow your own intuition into a reflection of your own.

Well, I sat down the other day and I was looking at, I don't know what I was looking at a book I think, or something like that. And it was about reconnecting to yourself and it wasn't reading the book. It was, I think a title because I have a whole lot of books on my bookshelf these days and I don't read them. I've actually let go of far more than I actually read anymore. I seem to be reading more on health and wellbeing than I am on the topics that I actually speak about. Which says a lot about what intuition does when it shifts you anyway, digress, a little bit there.

One of the words that came up was regeneration. And so I inquired internally why that word? And it was about the balance between reconnecting to our spiritual self, that aspect of our life, where we feel connected to that, which is beyond us, that we cannot explain that we just feel is bigger than us and connects us to all, both here and around us. And the balance with the earth on which we stand the material, anchoring grounding aspect of the earth and the real world.

So I sat there with this idea of regeneration in ourself is about connecting to both. And that then brought me into questions because that's where I go frequently. And the kind of questions that came up were the big ones. I call them the big ones, because they're the ones that you do in deep philosophical self-introspection that you often wouldn't do with other individuals. And then from that, you would gain an insight that maybe might be shared.

But the question I was asking are who are we? And I have not really asked that one for a while because it was coming up in the sense that the we is a collective aspect of what happens when we're together and share and do things. So who are we?

And then of course, I asked the question, who am I? And I asked the question of who am I in that? Who am I in the we, who am I?



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And then the next question that came to me was how do I wish to be and live in this life right now?

It was very empowering. It was directing me to a way of being and reminding me that that is the focus. And it also is about a way of showing in the sense that my choice of action and my choice of way of being is showing others a way. That doesn't mean that my showing of a way is what somebody else needs to copy or mimic or emulate. It is simply another. And it may resonate with somebody and therefore give them some encouragement to say, hey, someone else out there feels the same way as me.

But I come back to myself and say, as an individual, you need to know where you're going and where you want to go. Not so much as a list of goals and so forth, but more a pull and inspiration. Where does your spiritual self want you to go? That kind of level. And it's a dance or a partnership of sorts with that part of you that is inside of you pulling you in that direction, inspiring you from within. So I look at that.

Another word coexistence and that coexistence of self from an internal point of view, what are you actually being with in you?

So all of this is I know, sounding really out there, but I can go very deep like that sometimes. And I feel it's a time in the world right now where we all kind of need to do this. The reason why it came up for me is I was inspired to think about how are we living life to its fullest no matter the circumstances? It's really easy to let what's happening around us, take us down. And then we have nothing left or no defences. And I feel that's a capitulation that defeats the potential and beauty and amazement of our humanity.

So even in the midst of, let's say a lockdown or isolation, how are you being your self to the fullest? That's a real question. And I would ask you that. And does this mean you are not being your fullest if you are not doing everything you usually do? Well, I don't think so. I'd say no. Does it mean you are more you, if you are being in that moment? And I'd say yes. Because I believe it's from the being that the doing comes and then it comes with more intent and purpose.

I'll give you an example. I had a mentor once, give me an exercise. This is many years ago. I was very much oriented towards achievement mindset. And there's nothing wrong with that. I just drove me though to an, and you could say type a personality type, that kind of thing. Anyway, I was invited to sit in a chair for as long as I could. Just sit without doing anything, nothing, not a meditation, not a book read. I mean, reading thing, not a watching of TV, not just sitting, still in a chair, doing nothing for as long as I could. And it was really challenging.

And then the invitation was that when it felt right from inside of me to see and notice what I was drawn and inspired to do from that place of sitting the place of no action. The action therefore came from this place rather than another action. It wasn't like I was going through my to-do list and saying, tick, next, please. I was doing something because it was inspired from me inside of me from a place of, I would call it beingness or synchronicity. And I wasn't doing it for the sake of filling up the day. So you could contrast that with just sitting down and turn the TV on and whatever's on the TV shows up and that's what you watch. That's the opposite. I would say. They're both sitting aren't they?



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So when you come from this place, there is something about it. It's like the only words that can come to me are purity of consciousness. There's a level you can get to like no other where it just feels rich, pure organic integral to who you are and you know it. So when you sit and allow it to come, then it is unrestrained, unrestricted, unfettered. It is just there and it arises and emerges. And that is what needs to come right now. There's another aspect about that. It's about the timing, the presence. So I put that in context.

So an invitation of sorts. I'm going to, perhaps this is me because I can do this and I like to do this, but I'm going to invite you assuming that you listened to this podcast because you're like, hey, maybe Jenn's onto something here. Every once in a while she shares a podcast that has an idea that I might like. Maybe this one is for you now, because if you've been on the journey with me, then maybe you're at the same place.

So I would invite you to do this as well. It is to sit. And then in that sitting and I want you to just be, and then out of that being, I want to see what, you know, not a know in the sense of acquired knowledge that you have read out of a book somewhere. But what comes up for you in your knowing. A really simple equation, write it down, just kidding. You won't forget it. Sit, be and know. And whatever you can do around that. No questions, no answers, no dialogue, nothing. Just sit, just be and just know.

And then when you do this and really, really do this, the way of your life will show itself. You'll get nudges and urges that pull you in a direction or a new space or a new way. And it will feel comfortable and familiar at the same time it might feel challenging because it may be something that you haven't listened to for a while. And you will feel the questioning from within not without, it will be your voice, not the voice of another. And you will know, you will know.

How do you know? Well, I could say you just know, because that's such an easy answer for everything I do here. I say, oh, you just know, you just know. We do. But anyway, I think there's more to it. Your body will actually tell you, you will feel it viscerally in your body that you just kind of have this knowing it feels like it. A calmness might wash all over you. You might feel a sudden sense of calm relief of the anxiety that you may have had of not knowing. At the same time, there might be an edge of excitement because you're discovering something that you haven't allowed yourself to pay attention to before.

And this excitement is about being you in this world, like never before. So you can get a sense that this sitting, being, and knowing might bring up something for you to work with that you may not have dealt with before. And so therefore I feel this, I really do believe that you only are given or shown or allowed to come up, what you're ready for, what you're ready to deal with. And after all the years and years, and years and years of personal development that I've done and the helping of others, I believe that when you're ready to face something or you're ready to be evolve or emerge into a new way, you're ready for it. You will know.

And if you're not, then whatever it is that you're trying to force or to make happen will not happen. So in this listening process, in this sitting, being, and knowing it might be fleeting at first, you might get a little bit here and a little bit there, or even nothing at first. You might get frustrated by that. But over time, your ability to hear you will get stronger.



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And I'm not talking about developing your intuition in this podcast. That's a separate topic. But some of these skills or some of this process overlaps with that, because about hearing a part of you that is connected. And you will know when it's not your voice and it might be your inner critic popping up or someone else's voice. Because I believe, and I know that when the voice that is supporting you is allowed to be heard, then it does do that exact thing. It supports you, it has insight, and it doesn't sound like anybody else.

Why is this so important? Why would I take a whole podcast on something as simple as this practise? Well, I've sat around and really reflected on how can I navigate an anchor myself during this time. And I also want to help others do the same. I really do. I so want to help people be able to still be who you are, stay grounded in that, and at the same time, fill yourself with light and joy and happiness in the midst of all this and find a way to navigate while anchoring yourself in the reality that we're in. And again, we all know this, but this world right now is I would say living on the wild side a lot is happening. Not talking about that here, but I believe we are individually and collectively being shaken and stirred on multiple levels. And if you haven't felt it yet, then I believe that it's just a matter of time because something will trigger everybody. When we were not able to distract ourselves when we're not able to push away things, they'll come up.

And so for me, it's important. It's more important than ever to navigate this time, the mental, the emotional challenges of it, with a deeper connection to self and to what is around you. And it is a time to be connected to that which you consider the core, your essence, the part of you that is really you. And we don't have segments of us. We can't isolate it. You can't say oh, over here is part of me and over here is another, and they're all separate. And I'll pay attention to that. I'll pay attention to this later. Nope. All of you everywhere you is going with you everywhere you go. There's the whole of you. So when you're working on anything in yourself, when you're paying attention, you're actually working on the whole self.

And so when I said earlier, what is ready to be dealt with will come up or what opportunities for your exploration are ready for you to look at will come up, then you're still working on all of you. You're actually helping every single part of who you are. Whenever you do anything. You're all of you. On every level, you are a sum of parts that are all working together and some seem to do more than others or exist and show up more than others. But I look at it like this. It's like a production and there are parts that are seen and unseen.

So I had an analogy. This is I did in my reflection. I had this analogy. I'm going to share it with you. And I want you to imagine for a moment that you are not just the actor in a play, but you are the whole play. You're the whole show. Imagine that. The whole show, every aspect of the show is within your purview. The directing, the writing, the scripting, casting, everything, the set, the props, the way the play is performed, where everything about it, all of it.

But just like in a real play, there's this one unanswered question. Where did the idea come from in the first place? How did this play even start? That question of why or how, or where did this all start is like life. That's how I think of it. To sit and contemplate you as a being with an origin of unknowing into one of knowing is powerful. And I think this process that I talked about earlier is a way to find that.



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And there's no book you can read that tells you, this is where you come from, and this is how you were put together. Yes, I know you can read how you exist in function. You can consider theories of belief systems. And if you pick and different party or self, you will find lots and lots of information on that. So if you want to know how your physical body works, you'll find that. If you want to know what's happening with your emotions, there'll be lots of dialogue and expertise on that and so forth. But to really know the design and intent behind how you as an individual, a unique individual is perhaps unanswerable.

How though did you really come into being and existence with the knowing that you have and the consciousness that you have? Imagine that. When you stop and ponder that for a moment when you contemplate it, I find it mind boggling and exciting. And this is the excitement of being that is the core of every one of us. And when we connect into that, it's amazing because that part of us generates curiosity about life and excitement about life. And we have a genuine interest in other people because we're all travelling together in this world. And we see the world around us from a whole different perspective. Wonder and joy comes up. And in all of you sits this opportunity, this possibility, even with the challenges that we face. And I'm not denying that they're not there, this isn't a Pollyanna approach, but it is a way of thriving of finding your resilience and your ability to rise above and be yourself amongst everything that's happening.

These are real. The things that you can encounter in your day. So there are challenges. We are not isolated on our own, on an island. These are real because the play that you're in is not the only play. So just imagine your play and you see that. And there are all these other plays concurrent at the same time, many shows and many expressions. And some are vying for attention that are from what I would call light an intention of light and some are not. Yet light, and this is my view, I know, is potential in all. And I just feel that sometimes we go astray from that. So even the smallest tiniest fraction of what may not seem light is containing light and you are seeing it, you're experiencing it. And when you do, you do notice this there's an attraction element, a vibration, a resonance, and then you can take that and work with that.

And so a part of what we're doing in this world is challenging ourselves to do something I think is really, really difficult in our human self. And that is to notice the fraction of light in all you encounter, no matter how small it might be. It's really challenging. I know. It's so easy not to do that. And each day, try and see more. And each situation that you encounter see if you can find more. Seek the light in situations. Seek that, and you will find more.

Be distracted from that and allow yourself to go more into what I would describe as dark is the wrong word, but it's the other side of things and you'll know the difference. And you'll keep finding that because both are present. And both are there to show you the contrast of the world so that you can appreciate what lifts you and brings you to be whole of all you can be.

It is this observation and engagement that you can follow. That enables you to be powerful, to both discern and choose how you are in this world. You can be drawn in, taken down, lifted up, engaged. There are a multitude of outcomes. In all scenarios, wherever you sit in treading along the dark and light of this world, it is how you hold yourself from within to your expression that makes a difference. It really is about you. And that aim of getting to a place that is real of balance and truth. And then going back to a place where you can keep regenerating. That is amazing. Isn't it. If I go back



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to my initial thoughts in this podcast around regenerating yourself, being all of you from both the grounded earthly aspect of life, as well as the ephemeral spiritual, unknown part of life.

And I invite you again to regularly sit, be and know, and then discover and see what happens for you and the amazing impact and effect that your beautiful light can have on the world around you. Because I guarantee you are a beautiful shining light.

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