

Let Your Wise Woman Be Your Guide - Not Your Gremlin

by Joan D'Argo
www.joandargo.com



"So, the single most vital step on your journey toward enlightenment is this: learn to disidentify from your mind. This means that you no longer take the content of your mind all that seriously, as your sense of self does not depend on it." ~Eckhart Tolle

Can you imagine having an infinite well of wisdom within always steering you in the right direction? It would be like having your own personal North Star guiding you every step of the way.

Well, guess what? We do! When we connect, listen to, and act on this wisdom, it's liberating.

As spiritual beings currently inhabiting a physical body, we have unlimited creative potential. We are magnificent beyond our wildest dreams. Yet we all have self-defeating voices within—often called our gremlins—that try their hardest to convince us otherwise.

Your gremlin might say in a bullying sort of way: "Who do you think you are!? You're not good enough. You need more training. Don't reach for the stars!" When that voice persistently dominates, it can easily send us into a downward spiral. We stop believing in our own potential.

Although it's part of the human condition, we are not destined to be governed by our gremlins. We can let the truth of who we are—our Wise Woman Within—be our primary guide. And when we do, our lives unfold with grace, ease, and joy. Here's a simple exercise to help.

When you find your gremlin in the driver's seat dominating and controlling your thoughts:

1) Set an intention to be aware of its voice the moment it arises or within a short period of time of when you first "hear" it. Listen and become familiar with its self-defeating and self-limiting thoughts, words, and phrases. What tone of voice does it have?

2) Acknowledge it by saying something like: "OK, here it is again" or "Oh, here you are again." Move out of your head and into your body with a deep belly breath. Because we can only think one thought at a time, when you drop down into your breath, you create a vacuum of silent, empty space that feels quite welcoming. Pause for even just a moment.

3) Feel the difference and the quality of that space created with your breath as you breathe into your belly. Stay there as long as you want.

there's more . . .

4) As you breathe into your body, say something like: "I am not those thoughts. That's my gremlin, my small self. I choose to listen to my Wise Woman Within, the truth within me. What would my Wise Woman say to me at this moment?" And then, whether you hear it, feel it, or see it, receive the love and compassion in your Wise Woman's message.

5) Set an intention to go deeply into this practice. Every time you hear your gremlin's voice or feel its presence, connect with your Wise Woman. As you give Her more space, she becomes stronger. Tap into Her authentic power, for she is the deepest well of wisdom and creativity within you. She is your direct conduit to Source energy.

Will those self-defeating, and often bullying thoughts come back again? Most likely, but if we compassionately and consistently repeat this process, they will dissipate. Slowly and surely, our small self—the gremlin—steps back, and our Wise Woman steps forward. As Eckhart Tolle explains: "Every time you create a gap in the stream of mind, the light of your consciousness grows stronger. One day you may catch yourself smiling at the voice in your head, as you would smile at the antics of a child."

Is it possible that we could smile at the fiercest critic known to us, our own inner gremlin? Yes, it is. Try adding this 6th step: Just as a parent unconditionally loves their child, try showering love on your gremlin. When I did this, I was surprised at how my gremlin was utterly taken aback by my response of love. After recovering from the initial shock, she began to soften up. She is currently shapeshifting into what I'm not sure, but there are hints of a loving ally emerging!

Eventually, we no longer identify with the gremlin within. We've rewired our thought processes and expanded our frequency so our Wise Woman gets to be our full-time guide. And when She is calling the shots and directing the movie that is unfolding before us, watch out! Be prepared to step into the field of your own dreams!