

Integrity Cannot Exist Without Insight...Here's Why!



When I hear the word, “insight” I immediately think of the esoteric principle of “go within or go without...the only way out is through.” For it is when we are courageously turning our focus inward, on ourselves, our thoughts, our feelings, our experiences, and our choices do we “get out” of a rut, but also out of our own way.

When we can objectively observe ourselves, can we play a proactive role in obtaining our goals, and reaching milestones we’ve planned for ourselves to accomplish. We stop just thinking about and we start doing it. No longer can we sit idly eating popcorn as a viewer in the theater...for once you

realize you ARE the movie, you also can no longer deny the fact that you have not only a choice to but rather an obligation to contribute to the creation of the experiences, dramas, lessons, plot twists and mysteries playing out in the movie.

Having been an avid fan and student of meditation for many years, I'm familiar with the concepts of self-reflection, objective observing, and connecting to what I call the "divine silence" within us all. You know, the parts on the movie before something REALLY good or scary happens? ☐

There's a reason we innately like to escape our "real" fears and sit with the ones we are comfortable accepting and keep an almost child-like wonder around how fun being vulnerable can actually be. Especially when the floor is lava. LOL Am I the only one who has played that game as a kid? My point is, it is our imaginations that allow us the courage to face fears and ultimately give us the confidence to dream up entirely new worlds!

Misuse of our imagination would be a stubborn avoidance of any chance to not only look at personal behavior, but to actively change any behavior that is damaging or toxic to your life, and preventing you from evolving as a person spiritually. We cannot change what we do not acknowledge.

And I-I-I-I-I-I Wonder...

It *still* makes me wonder why indoctrination insists on disconnecting children from their imaginations. Something that was once "cute" is now "embarrassing" or "shameful". Regardless of my own indoctrination, I am ever grateful for never having that vital tie to my imagination severed.

Regardless of what we've been taught, our imagination is what empowers us to not only play to win but play to serve. It is here we assume the role of "Grand Architect". We can create the vastest playing fields, and create the rules of the game.

And when we step into that role not with ego, but with heart, we literally begin to manifest the life we have always wanted.

**Self-
reflection is
a humbling
process.
It's essential
to find out
why you think,
say, and do
certain things...
then better
yourself.**

So...what do you want? It's pretty amazing to me how many of us have no idea. We settle into our rituals and routines and just react to our daily experiences. To truly know what you want requires truly know who you are, and that is merely impossible with insight and imagination.

Insight allows us to reflect on our choices. How we chose to speak to someone, how we chose to spend the weekend, how we chose to react to someone being rude to us...it's not a matter of micro-managing yourself, but rather simply being willing to sit down with yourself and be honest.

Intentional insight reconnects us with ourselves, our heart, our desires, our talents and gifts, our inspirations, our aspirations and ultimately gives us back the reigns of our own life. Over time, insight into oneself simply balances you out. Once you are able to humbly face your mistakes, and consciously accept it and look forward to how it may affect your life and those around you, you always find you have another choice to make. Stay the same...or evolve.

I'm Human...What Can I Say?

We are *all* human, but we are not *all* coming from a place of integrity. Those who act to serve only to be served are completely missing the point. The true reward is hiding in the act itself! Giving is never one-sided, however most of the time we refuse to allow ourselves to feel the joy it contains. We instead think our reward will come later on, like we just told the Universe, "You saw what I did, now you owe me one." Sorry, but it doesn't and never will work that way.



Everything in our 3D reality is dualistic, but that doesn't mean we must stand divided. We simply need to understand that it's all part of something bigger, and something grander comes from their dualistic unity than ever would on their own. Allow it to be a reunion of integral proportions, and allow yourself to calmly reconcile any misconceptions between your own insight and your own integrity. This is the ultimate understanding that neither can exist without the other which slips them both into silent confidence each role plays...

As the saying goes, (Well, I say it LOL)...

"Insecurities Will Scream...Confidence Always Invokes a Whisper".



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