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Talking About It

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Talking About It

We have many thoughts, ideas and concerns every day. Some of the considerations inside us can be like a person who moves from room to room and never comes to rest in one place, just as we do not reach a firm conclusion. When we are aware that we have more than an ordinary amount of energy regarding a subject that continues to come to our attention, but we do not have any sense of a clear direction, we need to talk about it.

We can usually solve our problems on our own. But when the challenge consists in a notable movement within us that is indefinite, broad in scope, or perhaps one with multiple possible consequences, consulting with someone we trust is likely our best option. We do not expect another person to give us answers, but we can definitely make progress with a complex reality that involves our thoughts and feelings when we speak with someone who is willing to listen and to respond to us.

Our inner language, the words we use constantly in making observations, judgments and decisions, is wholly familiar to us. We are accustomed to our own ways of thinking and are generally capable of evaluating and then acting according to whatever seems better to us. So we might forget the necessity we have, in order to fully comprehend the meaning of some of our more multifaceted thoughts, of articulating them for others in words that they too can understand. When we begin to translate an unresolved and indefinite line of thinking into words that someone outside us can recognize as related to some of their own experiences, we begin to identify for ourselves at least some of the meaning of the process that has been taking place within us.

Talking about something that is not clear to us before we speak might not seem a logical practice, but experience shows us that we can more readily access some of the more significant movements within us only when we begin to relate our matter of concern to another person. The process of "hearing ourselves" as we are heard is quite real, and one of the ordinary benefits of a healthy spirituality. By trusting another to listen as we struggle, to put into words the energetic movement within us, we also gain confidence in ourselves, believing that something of importance to us is about to become known.

When we talk with someone in order to discover what is going on inside us, we often receive understanding and compassion as well as helpful suggestions or questions. The ordinary care that another person brings to such a conversation diminishes doubt, anxiety and false notions that we are completely self-sufficient.

Of course we can talk to God at any time. In doing so, rather than receiving a complete understanding of our inner activity, we sometimes receive the idea, and perhaps the willingness, to talk with another person. God is within such human interactions, inspiring and guiding the honest and beneficial process that elicits a bit of humility in our admission of need, and some insights and understanding that did not and perhaps could not take place aside from a trusting conversation. We not only receive the insight that we were seeking for ourselves, but also a satisfying exchange with another person.

God, who is love, loves to see us seeking and receiving help from one another when we "talk about it."