

Voice Within Us

Writing in a personal, truthful way is often compared to a journey. Along this journey, we explore meanings and recognize the gap between who we say we are and our daily actions. In writing, we can uncover the stories that we tell ourselves as our better self is troubled by the struggles in the world. For this reason, writing can be a therapeutic force, unifying scattered desires into a world of expression and creativity where we can plan for the future. We might call what we write the story of our lives, as we individually discover our true self.

Writing about the details of our lives is crucial to finding meaning. It doesn't mean that all, or even most of this writing will be shared with others. Some parts of our lives are private, but they still need to be expressed, if only to help us put them into perspective. The path to wisdom is through the gate of foolishness, because even an outright lie or a half-truth usually shows us what we desire to believe, if not what is actually true. Most people usually make wrong choices because at least part of it seemed right. Coping with irrational actions is usually educational.

As long as we understand that we are in charge of the meaningfulness of our lives, we can find that meaning everyday. But if we want to determine our own future, we have to stop blaming other people. We aren't in charge of what other people might learn, only our own lessons. Poor choices, therefore, always point inward, symbolically indicating the truth about our lives. Choices are metaphors for our sense of self, which is why learning to interpret themes and connections is so important. The unconscious mind seeks repetition as a type of comfort or familiarity. However, making the same mistakes will usually lead to the same outcome. It is wisdom to realize that repeated mistakes are the mind's way of signalling that there is a deeper truth that we must understand through our weaknesses, and voice can be the guide within us.