

# The Power of Listening to Your Inner Voice

This presentation focuses on the importance of listening to one's inner voice to achieve a fulfilling life. The speaker shares personal experiences and insights on how to access and follow this inner guidance.

## The Core Conflict: Survival Instinct vs. Inner Wisdom

The core concept revolves around an internal conflict between two opposing forces:

- **Survival Instinct/Voice of Fear:** This is the older, louder voice driven by fear, doubt, worry, and anxiety. It's associated with fight-or-flight responses and aims to protect from perceived threats. This voice often tries to lead you to a life that is too small.
- **Intuition/Inner Wisdom/True Self:** This voice, referred to by many names (intuition, source, soul), is quieter, often experienced in the body (heart, gut). It embodies dreams, path, and energy. The speaker emphasizes that this voice is the key to achieving one's full potential.

## The Speaker's Personal Journey

The speaker recounts his own experience of a life-altering moment during a corporate offsite. He had a corporate job he was not excited about.

- He sought an escape from the boring conference by hiding in a bathroom stall.
- During a run, he experienced a runner's high accompanied by a powerful inner voice.
- This voice urged him to pursue his true path, leading him to realize the job wasn't for him.
- The memory of the run and the voice had two lasting impacts:
  - Seeing himself shirtless in a glass building, he realized his company saw him.
  - He made a promise to listen to his inner voice and leave his job.

# Three Promises for a Fulfilling Life

The speaker introduces three promises as a framework for accessing and following the inner voice:

## Promise 1: Take the Nail Out of Your Head (Getting Unstuck)

This promise focuses on removing obstacles that prevent one from reaching full potential. The nail represents a problem that is holding you back and keeps you stuck.

- **Nails Examples:**
  - **Bad Habits:** Actions that hinder progress.
  - **Unresolved Past Experiences:** Unaddressed issues from the past that continue to impact the present.
  - **Rules/Assumptions:** Self-imposed or externally imposed limitations (e.g., societal expectations, parental pressure).
  - **Fear:** The paralyzing emotion that prevents action. (e.g., fear of leaving a job, ending a relationship, or making a significant decision).
- **Why It's Difficult to Remove the Nail:**
  - **Lack of Acknowledgment:** Not admitting the problem exists.
  - **Worse Before Better:** Change often involves initial discomfort.
- **The Solution:**
  - **Speak Your Truth:** Be honest with yourself about the problem.
  - **Accept that things will get worse.**
  - **Understand that what you want is on the other side of your fears.**
- **Example:** A friend's insomnia was caused by drinking several glasses of wine before bed. Despite doctors' recommendations, she refused to acknowledge the problem. She then built a "helmet" around her nail and took medications to deal with her insomnia.

## Promise 2: Follow Your Energy (Finding Your Voice)

This promise emphasizes following what gives you energy rather than blindly pursuing passion. The concept of passion can imply that one has only one passion to pursue. Following energy is the true way of communicating with your soul and the inner voice.

- **Why Energy over Passion:** Speakers often promote passion, but it can be misleading. Many successful people don't follow a single, pre-defined passion.
- **Nine Lives Exercise:**  
This is an exercise to identify sources of energy.
  1. Imagine nine parallel universes.
  2. Each life starts from the present.
  3. Find things that you are excited about and jump out of bed for.
  4. Identify which life gives you the most energy.
  5. Use your current life path to pull something in from other lives that give you energy.
  6. What would you do in one of those lives if you knew you wouldn't fail?
- **Energy as a Language:** Energy is the language of the soul. Excitement and inspiration are signs your inner voice is speaking.

## Promise 3: Go All In Now (Following Your Voice)

This is to fully commit to one's dreams without hesitation or delay.

- **The Trap of Hesitation:** Being "hedged" or indecisive, constantly waiting for the perfect moment, hinders progress.
- **Goethe's Quote:** "Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness."
- **The Speaker's Story of Teaching:**
  - The speaker initially struggled teaching a case study at Stanford, battling his inner critic.
  - A student named Sarah inspired him to overcome his fear of failure.
  - He was asked how he overcame his fear of failure and he helped her.

- He decided to commit to teaching "all in as long as it takes," throwing all his energy into it.
  - The speaker went all-in, and his identity shifted from someone on the fence to a teacher.
  - The voice of fear dissipated, and his energy increased.
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- **Energy vs. Burnout:** The speaker emphasizes that burnout stems from friction and being out of alignment, not from doing something for a long time.
  - **The Formula:** Your drive, motivation, persistence, willpower, and character are enough to succeed on any journey.
  - **The Power of Going All In:**
    - Shifts your identity.
    - Silences the voice of fear.
    - Creates harmony with your inner voice.
    - Results in a more profound energy.

## The Meaning of Life

- The speaker shares his personal quest for the meaning of life, including his travels and studies.
- He read philosophers such as Jesus, Aristotle, Buddha, Socrates, and Alan Watts.
- He concludes that the meaning of life is for each individual to find their own meaning.
- His meaning: To live your life at full power.
- This power resides within and is accessed through the second voice.
- Your second voice will lead you to your dreams.