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in collaboration with
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HEART SPEAK



A visual interpretation
of *Let Your Life Speak*



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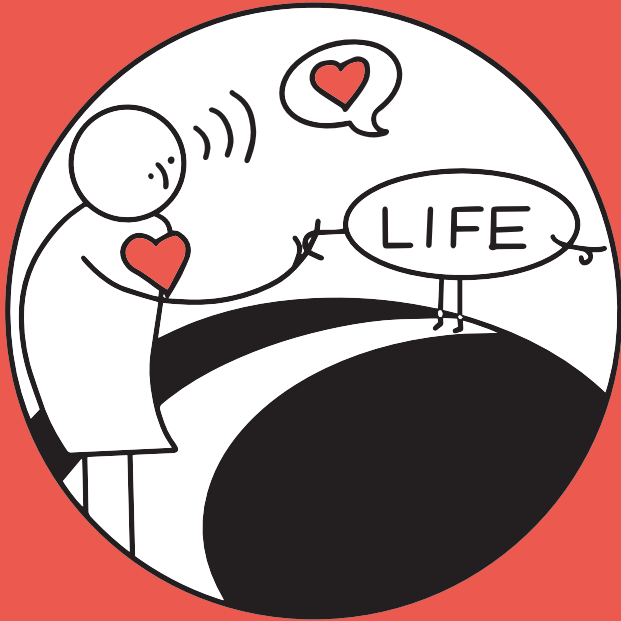
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LISTENING TO LIFE

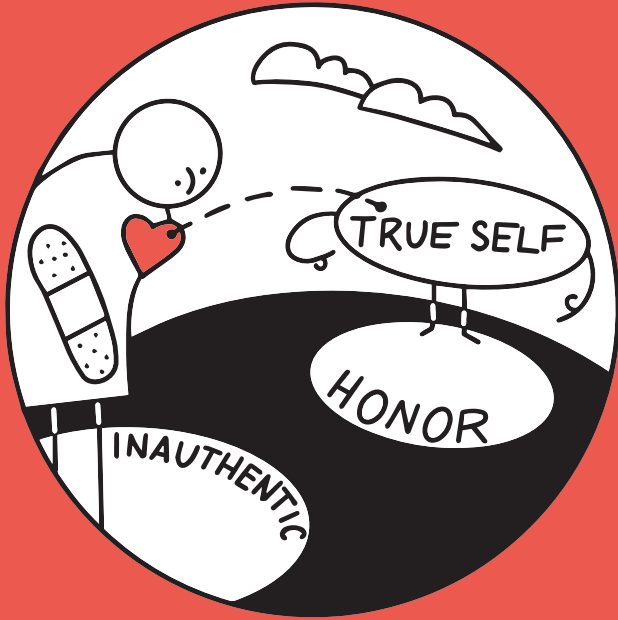




Before you tell your
life what you intend
to do with it, listen
for what it intends
to do with you.

I have gotten myself into trouble trying to be everything for everybody, and in the end, helping no one. I assigned self-worth only when I was doing or helping or being what someone else or society told me I should be. When I listen quietly though, and allow for what wants to emerge, that is when I can gently hold life's hand. Charging in with expectations often blinds me to the gentle possibilities that are in a tender beginning stage. Open . . . breathe . . . stay for a moment and receive.

What wants to emerge for you? How might you make time to nurture that new and tender growth?



True self, when violated,
will always resist us,
Sometimes at great cost,
holding our lives in check
until we honor its truth.

I have learned that when I deny my true self, all sorts of interesting things happen . . . and that is putting it mildly! When I push on and do what I think others expect of me instead of listening to that quiet voice inside, I put my mind, body, and soul at peril. I learned this lesson loud and clear when I denied the stress I was under a few years ago, and my body decided for me that I needed to lay down due to back pain. I was resisting speaking up about my own needs and desires and putting my health at risk in the process. This continues to be a growing edge for me, but I listen quicker these days when my body and soul speak.

Think of a moment when you knowingly denied your true voice or true self. Where did you feel that physically? What teachings arose from that experience?



Running beneath the
surface of the experience
I call my life, there is a
deeper & truer life waiting
to be acknowledged.

Making time and space to truly listen for the life that wants to emerge is not selfish or wasteful. It is how I begin to acknowledge the more meaningful and true life that I may not even have words to describe just yet. Being open to surprise and wonder . . . even expecting them to show up, is a way to adventure into a new day. When I wonder what delightful connection or simple, ordinary beauty I will experience today, I find that I am more intentional about seeking joy in small moments.

***When have you been surprised by a beautiful moment?
Recall the moment and what it meant to you.***



The words we speak
often contain counsel
we are trying to give
ourselves.

Oh, how I have decided so many times that I have the answer for other people's problems ... that I have the wisdom to fix what they don't even feel is broken. When I recognize that I need to start with my own inner work (since that is the only thing I am in control of!), I find that I breathe easier and can make better use of my energy. I don't have enough fingers and toes to count the number of times I have said to a friend, "Be gentle with yourself," only to turn around and do the opposite when I am struggling with fear or failure. I have realized that my way of processing life is by connecting with others who create a safe space for me to give words to my thoughts. The true practice is to listen to my own counsel, to go within instead of without and trust my own guidance.

What might you say to yourself the next time you are struggling with fear or feeling overwhelmed? (Hint: pretend you are talking to your closest and dearest friend.) What would be helpful and what would not be helpful?



The soul speaks its truth only under quiet, inviting, & trustworthy conditions.

Allowing is a hard thing for me. Can I make the time to be quiet and invite my soul to feel comfortable enough to speak? To feel safe enough to be seen and heard and to trust myself enough to emerge? When I truly embrace the fact that I am the source of time, I relax into the space where inner work can begin. I always say that my blissful place is in, on, or near water. It is where I do my best thinking and best self-care, for that matter. It is where I can sink into my body and listen to my soul. When I am feeling anxious, I know I have not made time to walk to the nearby river, sit on my favorite rock by its edge, and invite my soul to speak.

What are the best conditions for you to create a safe and brave space to listen to your own soul speak?

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