

Heart-Filled
LIVING



Listening Inward

A reflective offering from Heart-Filled Living

By Beverly Keaton



Opening Reflection: A Starting Place for What's Next

There are moments when the noise of the world grows louder just as your Heart-Filled Living voice grows quieter. This often happens when your inner voice is waiting for space to emerge.

Listening inward isn't about forcing answers or figuring everything out. It's about slowing down long enough to notice what's already present. What you feel. What you know. What keeps returning, even when you try to set it aside.

This is an invitation to pause and listen for your next step.

Reflect on what follows to connect and meet yourself where you are.

How to Use This Starting Place

You may find it helpful to approach these questions through free writing.

Set a timer for five to ten minutes. Write without stopping, editing, or trying to sound right. Let the words come as they will. If you feel stuck, repeat the question at the top of the page and continue writing.

Another option is to write, I don't know what to write, until you notice a shift into a new thought. When that happens, write the new thought and keep going.

This isn't about producing insight or reaching clarity. It's about giving your inner voice space to speak and be heard.

When the time is up, stop. You don't need to reread or analyze what you've written—though you're welcome to if it feels right. Trust that more insights will come. You can return to these questions anytime to notice what changes and what stays the same.

1

What feels true for me right now, even if I don't act on it yet?

Let this be honest and incomplete, if necessary. You can return to it at any time.

Truth doesn't require a plan. Notice what you know beneath the explanations you've been giving. If your inner critic makes an appearance, acknowledge it and gently return to what you know.

2

What feels heavy because it no longer fits?

Pay attention to what you've been carrying out of habit, loyalty, or fear.

What feels burdensome may be asking to be released or reimagined. The first step toward creating something new begins with awareness.

3

What feels more alive in me lately?

Sometimes guidance arrives as energy rather than words.

Notice what brings a sense of warmth, curiosity, or quiet excitement, even if it feels small or impractical. Let yourself move toward possibility, even if it feels unrealistic. This is an invitation to explore, play, and imagine.

Closing

This is a starting place for slowing down and reconnecting with your inner wisdom and guidance. You don't need to answer these questions perfectly or reach definite conclusions.

Trust that what needs your attention will surface in its own time.

With Heart-Filled Living love,

Beverly