



Sweaty She Monday (11/09/09): If Listening to My Heart is Wrong, I Don't Want to be Right
By Susan Farago

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I'm drinking day old wine out of a coffee mug while snacking on pizza rolls. It's been a hell of a week. For that matter, it's been a hell of a year. I have been doing a lot of thinking lately as I reflect and re-evaluate the last 12 months. My best laid plans have fallen through or fallen apart. Brilliant ideas have long since left the garbage can and are now taking up a sizeable portion of the local land fill. Why? Because my brain has been ruling the roost.

But that's not why I'm eating pizza rolls or why I am on my third box of gift size chocolates in the past five days. I am thoroughly enjoying this state of self-induced carbohydrate debauchery because for the first time in a long time, I have finally stopped listening to my head and I am reconnecting with my heart. I am doing what "feels right" and I am not justifying my actions to anyone, even to my brain.

People (especially men) get nervous when there is talk of living from the heart – also known as "intuition" or "gut feel". Our western society shuns it. The corporate world shuns it. It's not logical. It's not rational. And worst of all, it is unpredictable and cannot be controlled by outside forces. But more times than not, that little gut feel voice is right. The trick is to listen.

Women tend to be more in tune with this inner voice – they don't call it "women's intuition" for nothing. Unfortunately this intuition often gets interpreted as being "flighty" or "moody" and the behavior is highly discouraged. It reminds me when women were institutionalized at the turn of the last century for "odd behavior" – heck they probably just felt like eating pizza rolls and drinking wine from a coffee cup!

I recently got a really good piece of advice: When faced with any action or choice, ask yourself, 'How does this make you feel?'" And if it doesn't feel right, it is a perfectly acceptable reason to say no or not do something simply because you do not want to. Period. This makes no sense to our brains. But to our hearts, it's completely rational. So until my heart has regained control and intuition once again rules the day, I may just have to keep buying boxes of chocolates.

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